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Skinny Bitch: A No-nonsense, Tough-love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous!

By Rory Freedman, Kim Barnouin

Running Press. Paperback. Book Condition: new. BRAND NEW, Skinny Bitch: A No-nonsense, Tough-love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous!, Rory Freedman, Kim Barnouin, Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, "Soda is liquid Satan" and "You are a total moron if you think the Atkins Diet will make you thin," it's a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there's solid guidance. Skinny Bitch espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling "clean and pure and energized."



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