



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

Kim Barnouin, Rory Freedman

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Not your typical boring diet book, this is a tart-tongued, no-holds-barred wake-up 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 listener laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there is 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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