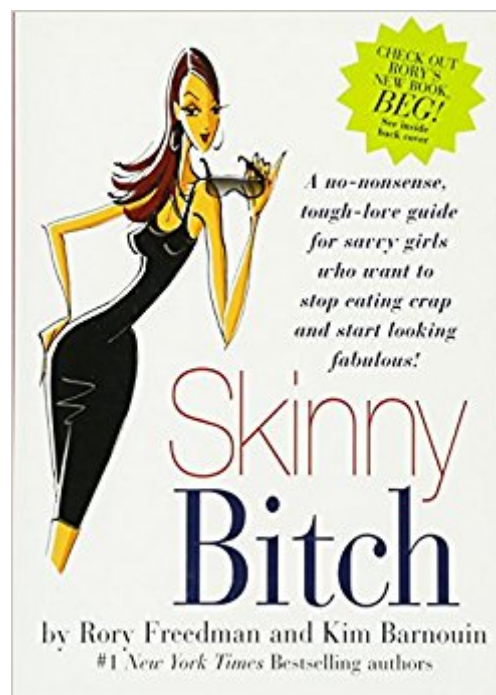




The book was found

Skinny Bitch: A No-Nonsense, Tough-Love Guide For Savvy Girls Who Want To Stop Eating Crap And Start Looking Fabulous!



Synopsis

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."

Book Information

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Customer Reviews

Hartford Courant *is* |incredibly informative and entertaining| Co-authors Rory Freedman and Kim Barnouin provide tough-love talk mixed with facts and common sense... Freedman and Bamouin speak to the reader like a friend who isn't afraid to tell you what's on her mind. They back up their arguments by citing study after study and take the technical talk out of the discussion so as to make a more easily digested point. This is the first "diet" book I've ever read that has made me laugh out loud numerous times. That being said, since no one warned me, I'll let you in on a secret - the book will gross you out. In the same vein as Fast Food Nation, there are graphic descriptions of factory farming and unsanitary dairy farm practices. It was easy for me to put down Fast Food Nation but this book is so funny, I had to keep going. Almost immediately, I was one of the

transformed. In fact, as soon as I got halfway through Chapter 4, "The Dead, Rotting Decomposing Flesh Diet", I had to call and change my dinner plans because I decided to go vegan on the spot.

Rory Freedman and Kim Barnouin started a movement when they wrote their bestselling manifesto, *Skinny Bitch*. Both a wake-up call and a kick in the ass, *Skinny Bitch* exposed the horrors of the food industry while inspiring people to eat well and enjoy food. They both live and pig out in Los Angeles.

This book is funny, well written and at parts so disturbing. The day I read this book, I became a vegan. I'd been vegetarian for over 30 years but this book opened my eyes in a huge way.

easy to read, gets to the point.

This book speaks the truth and sends out self love and positivity to the reader! Would recommend to anyone and everyone!

eye opener. she says everything in a really simple and visual way. She helped me introduce more vegan meals to my meat eating life.

A lot of good points in this book but it's a little abrasive (the authors did warn the readers of this) and not that well-structured. It reads like a long rant. The authors really push the vegan lifestyle. It's a short read and I can see it being entertaining for some people.

Love this book. The author sounds like how I would explain all these issues. Super informative and well written. Loved it!

I read this book shortly after it came out, and absolutely loved it. It's an in your face, bluntly and hilariously written health book that'll really put you in your place. If you want something to help you understand WHY you shouldn't eat the foods you're told not to eat, and you aren't easily offended, you should definitely pick this up. I just purchased this for a friend who is always looking for ways to be healthier, and I'm considering buying it and reading it again for myself!

I loved that *skinny Bitch* makes you painfully aware of how horrible the things we eat are for you. It

gives you plenty of back ground information on why its basically killing us slowly by drinking soda and eating processed food. The insight on how the government approves these harmful chemicals for use in food for human consumption makes me sick. However, at the end of the day the authors are saying you need to be a vegan to be a skinny bitch. That for me is unrealistic. Even after reading the book I know I will not stop eating meat. I have cut back on eating meat and aim to buy organic only. To some it up the message of the book is the government lies (true) and vegan= skinny bitch.

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