



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

*Rory Freedman, Kim Barnouin*

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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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