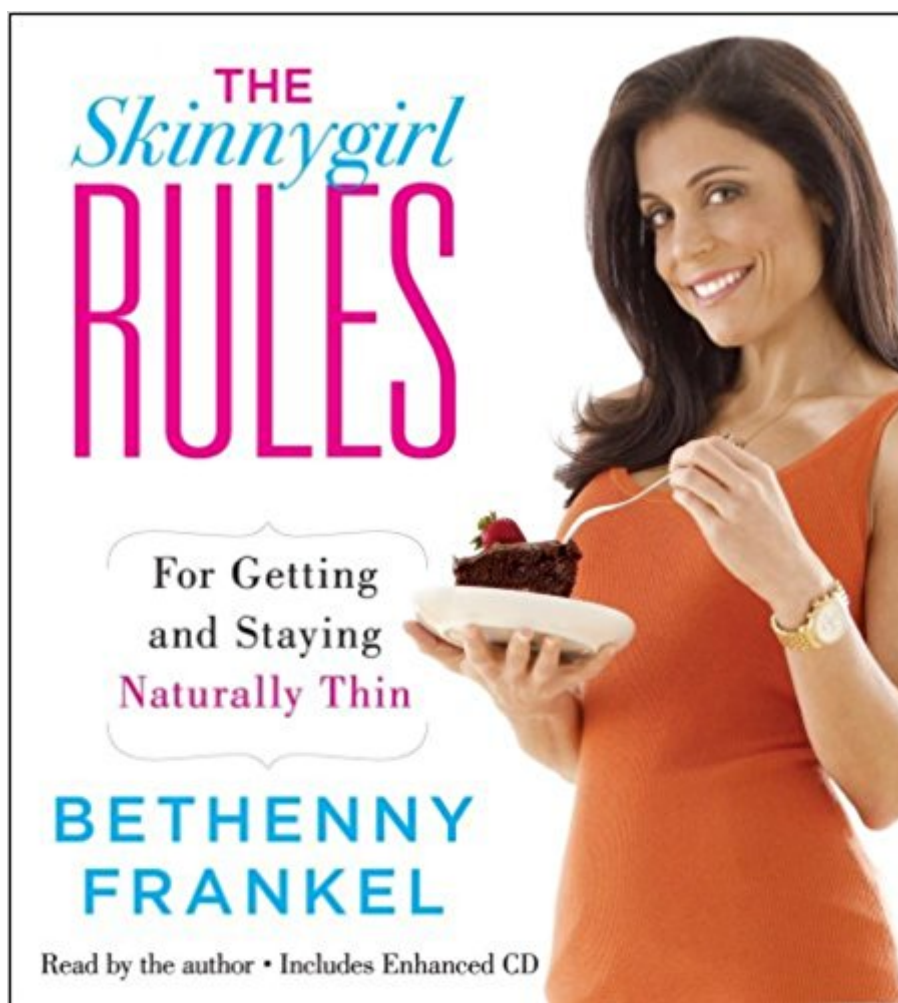


The book was found

The Skinnygirl Rules: For Getting And Staying Naturally Thin



Synopsis

Bethenny Frankel's audio companion to her New York Times bestseller, *Naturally Thin*. In *Naturally Thin*, Bethenny Frankel shared her passion for enjoying natural, healthy, and delicious foods without the stress of counting calories, weekly weigh-ins, or deprivation. Now--available only on audio--Frankel presents *The Skinnygirl Rules*, sharing the tips and guidelines found in *Naturally Thin* using the same trademark wit and humor that made her the breakout star of *The Real Housewives of New York City*. In *The Skinnygirl Rules*, Frankel focuses on how you can enjoy the pleasures of great food while also learning to balance your priorities. She teaches you that everyone can be naturally thin if they stop putting obstacles in their way. Bethenny's *Skinnygirl Rules* include: "You can have it all, just not all at once"; "Taste everything, eat nothing"; "Cancel your membership to the Clean Plate Club"; "Check yourself before you wreck yourself"; And much more! With Frankel's help, you will learn to banish Heavy Habits, embrace Thin Thoughts, and enjoy the pleasure of great food without every worrying about dieting again.

Book Information

Audio CD

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Customer Reviews

Bethenny Frankel is a five-time bestselling author. Her books include *Skinnygirl Solutions*, *Skinnydipping*, *A Place of Yes*, *Naturally Thin*, and *The Skinnygirl Dish*. She is the creator of the *Skinnygirl* brand, which extends to cocktails, health, and fitness, and focuses on practical solutions for women. Visit her at Bethenny.com. Bethenny Frankel is a five-time bestselling author. Her books include *Skinnygirl Solutions*, *Skinnydipping*, *A Place of Yes*, *Naturally Thin*, and *The Skinnygirl Dish*. She is the creator of the *Skinnygirl* brand, which extends to cocktails, health, and fitness, and

focuses on practical solutions for women. Visit her at Bethenny.com.

This is a great audio book and I love the way Bethenny Frankel looks at eating. While she does have her rules for eating, basically the idea is we can eat what we really want, just not too much of it. She also includes great ideas for cooking good food without taking all day to do it. Her cheerfulness is contagious and it's nice to listen to her just to brighten my day!

Bethenny is brilliant. Whatever you think of her personal life or personality, she knows how to teach people the way to eat without being on a crazy restrictive diet, and believes you should be able to eat what you like and lose or maintain your weight. Although this has "rules," it's not like other diet books or tapes, and emphasizes eating in a way that's right for you and your tastes and preferences. She doesn't tell you what to eat for breakfast, lunch, and dinner, nor do you have to run out and buy special foods like other diets. She teaches you how to handle any food situation, in realistic ways. That's why I recommend her books to anyone struggling with bad eating habits.

I enjoyed her candid nature

Great for working moms trying to lose baby weight. You can get all the information and motivation that you need to get back to your old self. I listen to this cd in my car on the way to work (my only quiet time for the day!) practical, common sense advice that we all know, but may need to hear again to get yourself in gear.

Great guide to get healthy

I bought this after seeing Bethenny on a show talking about her diet strategy. Her background on binging sounded just like me and she looks fantastic so I bought this on a whim. I love that it's an audio CD cause being a stay at home mom doesn't offer me a lot of time to read, but I certainly have time to listen. I love her talking style and what she says. It's simple and common sense, but true! I just needed a reminder. It's like your best friend, or life coach standing right there with you telling you to stop the madness of over eating. Only you are responsible for what you eat. You are in control. You are in the driver's seat. I knew all of this already, but need to hear it from time to time. I gave it only 4 stars due to the fact that there is no literature/CD contents to go with it. Luckily, I bought her book "Naturally Thin" and realize perhaps that's why no literature was added, but a

chapter list for each CD would have made this perfect. All in all, I'm happy with my purchase. I listened to the entire CD series during a 4 hour car drive to visit my parents while my babies slept. It's not an overnight cure, just as Bethenny says, but I believe if her rules are practiced diligently and consistently, you will soon be your naturally thin self. Thanks Bethenny!

LOVE this. Have been listening to it over and over in my car commute. Inspirational and have been automatically following the advice all week. She is an absolute GURU! Best advice ever.

Brilliant. Buy it. Bethenny educates us women to make the best decisions ever. I personally have found her principals to be revolutionary and empowering and simplistic. Love it.

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