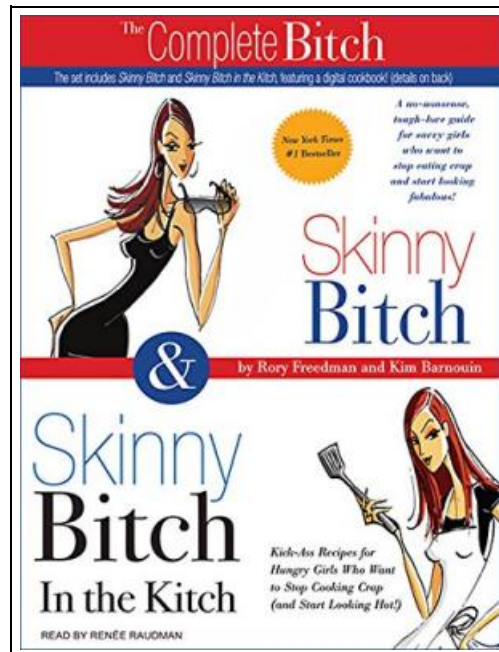


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Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.
(Prof. London Gerlach)

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Tantor Media, Inc, United States, 2007. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. Skinny Bitch has been a publishing world phenomenon. Now comes Skinny Bitch Deluxe Edition, pairing up the number-one New York Times bestseller Skinny Bitch with the delicious and satisfying recipes of Skinny Bitch in the Kitch. In an easy-to-use multimode CD, the recipes from Skinny Bitch in the Kitch can be accessed simply by putting the last disc of the audio package into your computer's CD-ROM or DVD-ROM drive. Not your typical boring diet book, Skinny Bitch 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. Skinny Bitch in the Kitch, the follow-up to Skinny Bitch, provides over seventy-five recipes that will satisfy any crazy craving and cooking quandary a Skinny Bitch may have: like what to fix for an easy weekday dinner or serve at a dinner party. The authors offer dishes for all occasions, from Bitchin Breakfasts and PMS Pleasing Snacks to Hearty-Ass Sandwiches and International Bitch Fare. With Skinny Bitch Deluxe Edition, you get both the detailed guidelines for a healthier lifestyle and directions on how to make dozens of meals to fit that lifestyle. With this book, no Skinny Bitch will go hungry or unsatisfied!.



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