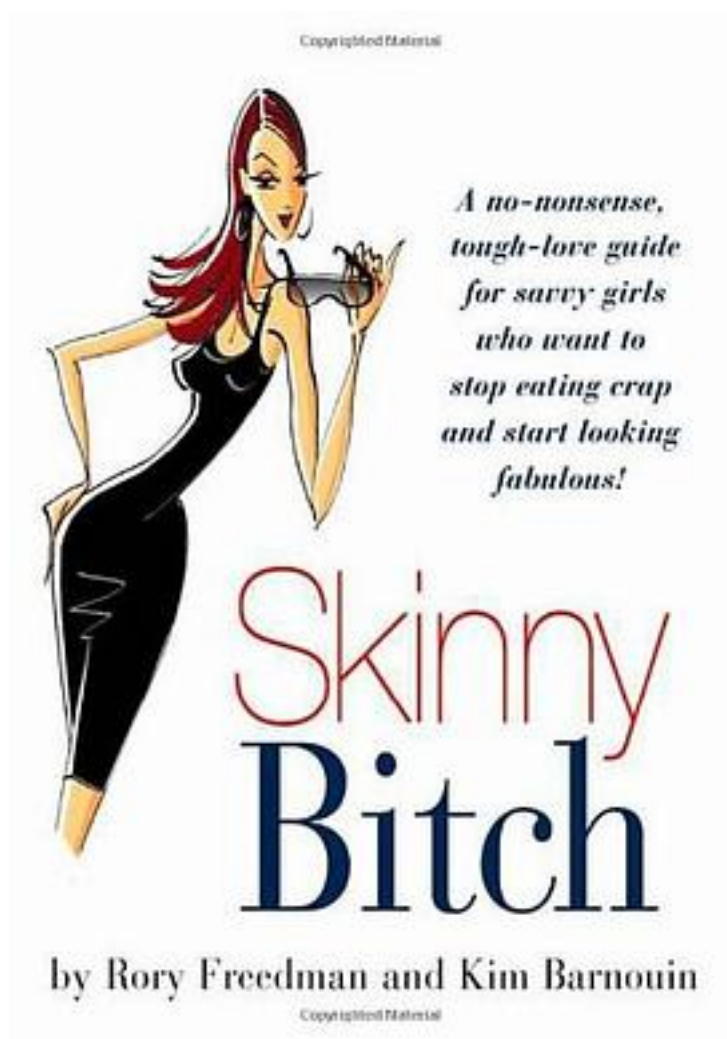


# Skinny Bitch



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著者:Freedman, Rory

出版者:Tantor Media, Inc

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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."

作者介绍:

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