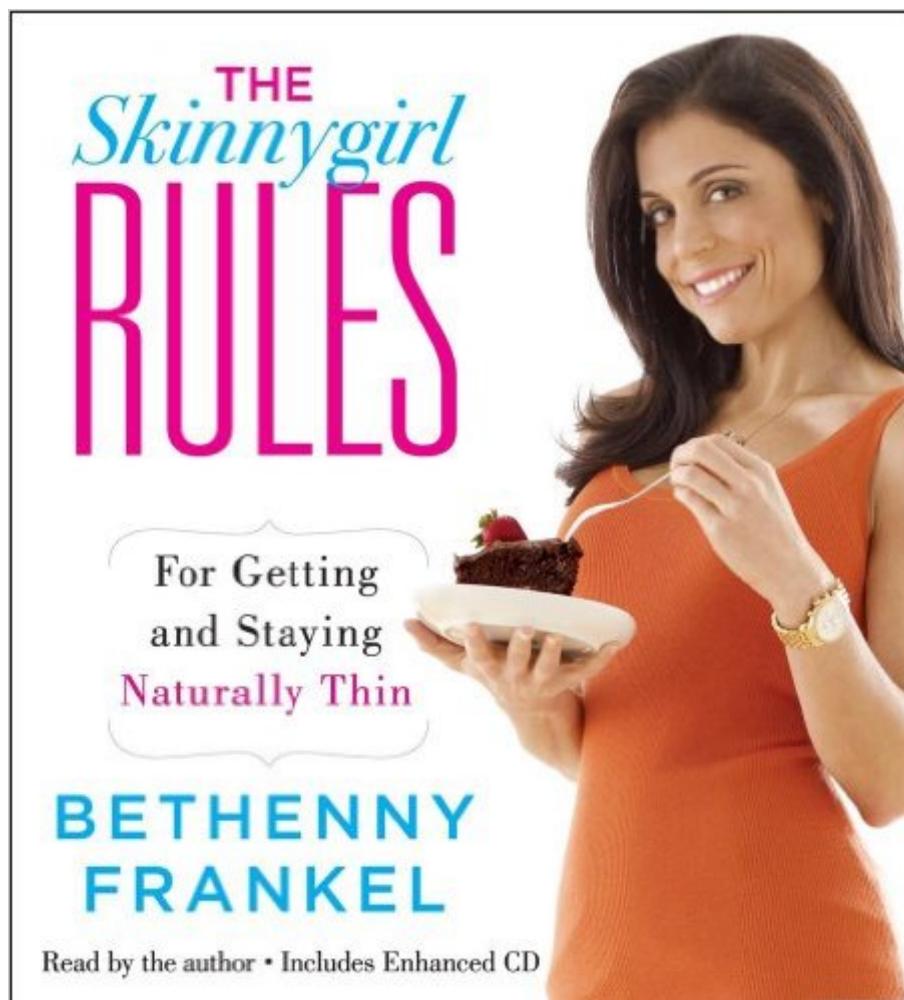


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# The Skinnygirl Rules: For Getting And Staying Naturally Thin



## **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**

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## **Customer Reviews**

As a weight loss coach who has enjoyed both of the author's books, I got a couple of these to give away in a drawing I do for my weight loss class participants. Of all the things I have given out (workout DVDs, cookbooks, healthy snacks, etc.) during the many drawings I have done, this got some of the best praise. Let's face it, many of us have little time to read and sometimes we get so distracted while reading that not everything "sticks". It's been shown that those who attend counseling or group support for weight loss typically lose much more than those who don't. We grew

up with verbal learning in school so it often stays with us longer than what we read...if it's well presented and solid info. This is a combination of the author's past books, good habits, food for thought, culinary background, life skills. And I have to say, I agree that there are endless "AHA!" moments to motivate in each cd. And it's presented in a verbal learning format so the motivation may sink in deeper. I personally didn't allow myself to listen unless I was on the elliptical getting healthy. It made me not think about the work out, but felt like a chat with a smart skinny friend (grin) based on the way it's presented by the author. This had the side effect of making me want to work out to finish hearing the advice. Those who "won" my giveaway in the drawing both said they listened to it in the car...that is one way to spend some time doing something positive while stuck in crazy Austin traffic. Negatives: Although I would change nothing about the advice or how it's presented...it's great and motivational...I wish there was a chapter list so you know what's next or how to get back to something.

was very fond of her book, naturally thin, a bit dissapointed with the recipe book and didnt want to buy this if it was the exact same version. It is her reading, sort of like a companion of both books, mostly recap of naturally thin with a bit of different comments and some recipes and overall I really liked it. finding the time to sit and read ( with little ones) not always an option and having her explain rules, tips is great. Similar to a book on tape, although not completely redundant, but pretty similar if you own the book. There are three cd's and they are long. I cant tell you exactly how long or the contents because there is no written table of contents, or list or chapters .nada. This is my chief complaint, there is no table of contents, list of chapters or length of time to listen to each cd. There is so much information to go back and review and figure out where or when to what cd would be too time consuming. I dont know if there was a rush to get this out but really some visual information would have been helpful. even a contents label on the cds themselves. Reading the book is not a prerequisite to getting this cd. she covers it all. Tips to view food differntly and yur approach to eating.going back to check a point or refresh the book would be nice but hard to go back and review when you dont know which cd had which chapter or subject. comes in little paper box with 3 cds and not even a list on cd/or box to its contents. Besides this, I am glad I added it to my collection. Sensible tips to think about food differently, to get you try to try to eat real foods and less of it, and to not be afraid of it and break that all or nothing and on and off diet mentality. You decide what you wish to eat and how much and when but she gives you guidelines to help you make better choices.

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