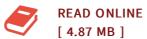




Skinnygirl Solutions: Your Straight-Up Guide to Home, Health, Family, Career, Style, and Sex

By Bethenny Frankel

SIMON SCHUSTER AUDIO, United States, 2013. CD-Audio. Book Condition: New. Unabridged, Updated. 152 x 130 mm. Language: English . Brand New. BETHENNY FRANKEL, FOUR-TIME NEW YORK TIMES BESTSELLING AUTHOR, ON-THE-GO WORKING MOM, SELF-MADE BUSINESSWOMAN, AND DAYTIME S NEWEST TALK SHOW HOST, SHARES HER SKINNYGIRL GUIDE TO LIFE: SIMPLE IDEAS, EXTRAORDINARY RESULTS. SKINNYGIRL SOLUTIONS is your guide to having it all without getting overwhelmed. Bethenny s nononsense advice extends beyond the first adult steps and well into real relationships, established careers, and mommyhood, including: - Living Naturally Thin -Making fresh, healthy food for the table and on the go -Organizing your kitchen, your closet, and even your bathroom -Finding great fashion without breaking the bank - Beauty care essentials - Creating a home that s a haven - Effortless entertaining - Career planning - Entrepreneur advice - And how to create work-life balance In SKINNYGIRL SOLUTIONS, Bethenny offers hard-won advice on how to maintain a wellbalanced life. In Skinnygirl Wellness, Bethenny updates her advice on how to be Naturally Thin with an all new Quick-Start Plan and tips for getting kids (and the whole family) to eat better without complaints! The Skinnygirl Solutions for Daily Life section reveals...



Reviews

Absolutely among the finest book We have at any time read through. We have read through and that i am sure that i will going to read once more again later on. I found out this book from my i and dad suggested this book to find out.
-- Alford McClure

I actually started reading this article ebook. It is actually packed with knowledge and wisdom Its been printed in an remarkably simple way and it is only after i finished reading this pdf where in fact modified me, alter the way i believe.
-- Prof. Uriel Witting