

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



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(Prof. Angelo Graham)

SKINNYGIRL SOLUTIONS: YOUR STRAIGHT-UP GUIDE TO HOME, HEALTH, FAMILY, CAREER, STYLE, AND SEX



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 Bethenny s keys to managing a hectic schedule, keeping a beautiful home, and finding time for love, family, and yourself. Lastly, in Skinnygirl on the Job, Bethenny addresses such issues as launching a career that fits with all the other important components of your life, knowing if you re ready to have your own business, the pros and cons of working from home, the 101 on finance, and what to do when things go wrong. In SKINNYGIRL SOLUTIONS Bethenny gives her always honest take on how to make smart, everyday choices that will lead to a fabulous Skinnygirl life.

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