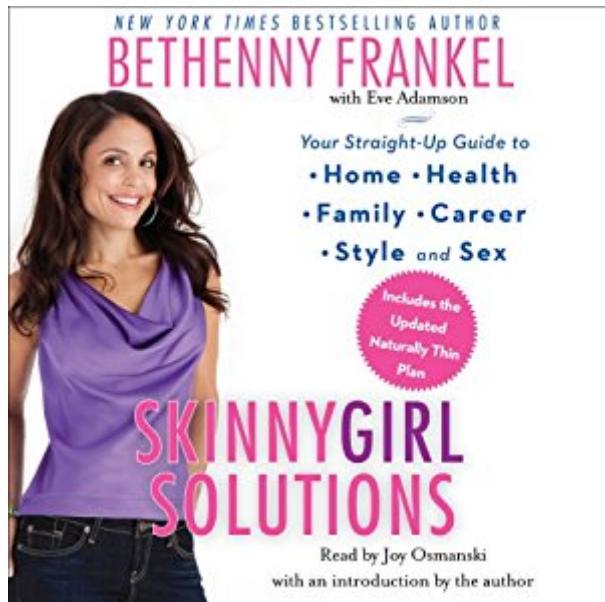


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# **Skinnygirl Solutions: Your Straight-Up Guide To Home, Health, Family, Career, Style, And Sex**



## Synopsis

From New York Times best-selling author and reality-television star Bethenny Frankel, the modern woman's guide to looking fabulous while balancing health, home, and career. Bethenny Frankel tackled weight loss in *Naturally Thin*, healthy cooking in *Skinnygirl Dish*, and created a life of success in *A Place of Yes*. Now, she presents her stress-free advice for busy women everywhere - whether they're just out of college or starting a family. In this guide to just about everything, Bethenny shows how to have it all (balance is the key) and covers:

- The Skinnygirl shopping list
- Naturally Thin on-the-go
- New recipes and cocktails
- Timely beauty regimens
- Home decor on a budget
- Organization and shopping secrets
- Sexing up a relationship
- What it takes to be an entrepreneur
- Making time for relationships, family, and yourself
- And much, much more

With Bethenny's favorite tips for managing every aspect of her nonstop life, including the launch of her new daytime talk show, *Skinnygirl Solutions* gives all women the skills to make smart, everyday choices that will lead to a fabulous Skinnygirl life.

## Book Information

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## Customer Reviews

I know from reading this book that the author is a TV personality, but I have never seen (or previously heard of) her show, so I haven't been influenced by that. Without the celebrity distraction, this is a straightforward, common sense guide to a lot of things you might not have learned from your mom. Sponges can easily be a hygiene problem, so you should clean them thoroughly and zap them in your microwave sometimes -- and don't keep them around for months, either. Beauty

products' prices depend to a high degree on their packaging. "Wheat bread" doesn't mean it's made from whole grains. Don't carry credit card debt. This is the kind of advice you'll find in this book. It's not deep, it's not new, but there are plenty of people who don't know how to clean a hairbrush, and they can learn how from this book. Admittedly, they'll also learn that the author is glad she works with other women because she can't avoid flashing her private parts. I can't quite imagine how that would happen around the office, but I'm not trying too hard. On the other hand, where else are you going to get big-sisterly advice on gambling or freezing your eggs? There are things to be said for getting your daily life advice from someone whose daily life includes things that are a little less daily. The book is pretty much a collection of stuff that can be handy to know about health, housekeeping, travel, family, and career. There are recipes, checklists, and lots of personal stories. If you find Martha Stewart daunting and would like to have an orderly life with more humor and less stringent standards, try it out.

Admission, I am not a Bethenny Frankel groupie. I've never watched her show(s) or even read any of her other books. But for some reason this one spoke to me. From the moment I opened it, I knew that Bethenny was a women after my own heart. Bethenny shares simple, practical advice on being thin, eating well, organization, career, and fashion. While I admit that certain chapters spoke more to me, that's just because there is something in this book for almost anyone. She is not the type of celebrity who spends oodles of money on items when you can get the same thing at Target for less. She's practical and down to earth. This book is by a women for women. I'm not so sure that a man would appreciate some of her banter about her work attire (or lack thereof) or how to clean your makeup sponges. The price of \$25.99 for a book of this genre is a little high in my opinion but you can purchase it on [Amazon](#) for about \$12.00 if you get the Kindle Version. I'd gladly pay that as the book was just as much entertaining as informative. Some of the best advice in the book are things you know but maybe don't actually do and need the reminder. Always have nuts, dried fruit, fresh fruit, half a sandwich, a can or box of healthy soup...so you're never desperate and ravenous. The chapters on food, exercise, and beauty alone are the best in the book. Practical, realistic, and doable. I'd recommend this book to any woman out there. I received this book free from the publisher through NetGalley book review bloggers program. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 : *Guides Concerning the Use of Endorsements and Testimonials in Advertising.* •

For anyone who was watched Bethenny do it all and has wondered how on earth she does it - read this book! I'm constantly amazed at the success she has been able to achieve and how she manages so many different businesses. Her time management and organisation tips are fantastic and totally practical. I loved this book.

I have read all of Bethenny's books and she is such a great inspiration to all. She has inspired me to realize I can do anything. I have learned so much about business by watching her and implementing her advise into building my photography and graphic design business. I don't think I would have ever pursued building my business without paying attention to how she lives her life and runs her business ventures.

The information and tone found in the book is enjoyable for anyone. I've checked out her site and she writes tid bits from her books on there, Definitely will be checking out her other books. wish her talk show had gone on for more seasons I can't even find dvds of the first season! For people who aren't huge Betheny Frankel mega fans like myself, it will still be a very useful book.

Wonderful read and so many great tips and solutions. She has a marvelous way of putting things and this book is not only helpful with so many great ideas --- but it is a really fun read. Thinking about this for some stocking stuffers for the upcoming holidays!

Bethenny Frankel makes a lot of sense in her solutions to food, home, entertainment etc. She is very frank & honest. If you want to get more information on thin thinking & living like a skinny person, then you will definitely gain by reading this book.

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