

# [PDF] Naturally Thin: Unleash Your SkinnyGirl And Free Yourself From A Lifetime Of Dieting

Eve Adamson, Bethenny Frankel - pdf download free book

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#### Books Details:

Title: Naturally Thin: Unleash Your  
Author: Eve Adamson, Bethenny Franke  
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#### Description:

From Publishers Weekly Best known from reality TV (The Real Housewives of New York City), "natural foods chef" and entrepreneur Frankel wants unhappy dieters to know that everyone is "naturally thin," they've simply got to change some habits and learn "to think like a naturally thin

person." The bulk of this self-help is devoted to ten rules, each outlined in a friendly but no-nonsense chapter. Rooted in Frankel's own struggles ("twenty years suffering through diet hell"), her rules include some familiar ideas smartly recast ("Your diet is a bank account" is a personal-finance gloss on "you are what you eat") and each has a couple recipes attached (Banana Oatmeal Chocolate Chip Cookies, Stuffed Portobello Mushrooms). Much of her advice, however, boils down to eating less: other chapters look at moderation, mindful eating and portion size, with some helpful guides to measuring and eyeballing (though it's hard to see why "Downsize Now!" and "Cancel Your Membership in the Clean Plate Club" require separate chapters). A detailed 7-day starter plan fills out the volume. Fans of Frankel's televised adventures will likely be charmed by her strong, direct voice, and her brassy self-regard is nicely tempered by a we're-in-this-together camaraderie. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

**Review** "Bethenny Frankel's new book promises -- and delivers -- the ultimate dream of every overweight American: that you can be 'naturally thin' without starvation dieting, exercising like a maniac, taking drugs, or feeling hungry all the time." -- Ellen Kunes, Editor-in-Chief, *Health* magazine

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