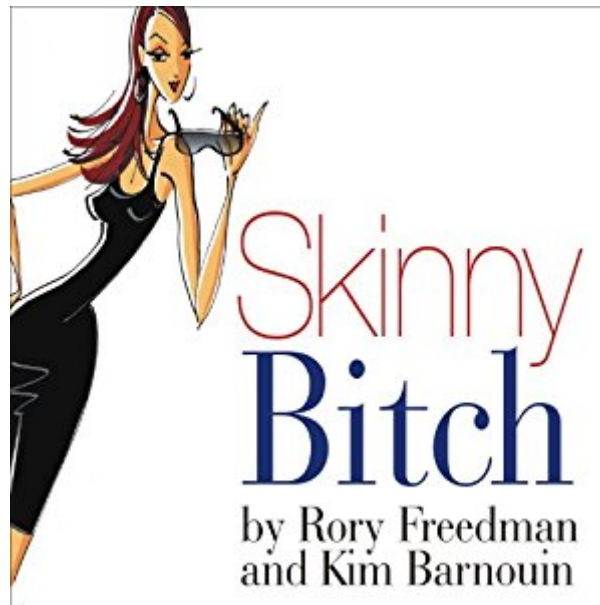


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# Skinny Bitch



## Synopsis

**STOP BEING A MORON AND START GETTING SKINNY:** If you can't take one more day of self-loathing, you're ready to hear the truth: You cannot keep shoveling the same crap into your mouth every day and expect to lose weight. Authors Rory Freedman and Kim Barnouin are your new smart-mouthed girlfriends who won't mince words and will finally tell you the truth about what you're feeding yourself. And they'll guide you on making intelligent and educated decisions about food. They may be bitches, but they are skinny bitches. And you'll be one too - after you get with the program and start eating right. Rory Freedman, a former agent for Ford Models, is a self-taught know-it-all. Kim Barnouin is a former model who holds a Masters of Science degree in Holistic Nutrition. They have successfully counseled models, actors, athletes, and other professionals using the Skinny Bitch method. They both live in Los Angeles. --This text refers to the Hardcover edition.

## Book Information

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## Customer Reviews

Okay, I guess I should start off by saying that I am a proud vegan. I love my diet for its health and environmental benefits and would recommend it to anyone. That said, I kind of shudder to think that someone with no prior exposure to a vegan lifestyle is getting their introduction through this book. Yeah, I can handle the bad language, but they are so abusive to the reader. A few reviewers talk about the "girlfriend" tone. If any of my girlfriends talked like that to me, I'd be really upset!! Yes, veganism is a way of losing weight - but it is not the only way of losing weight. I was a healthy weight as a carnivore, as a lacto-ovo vegetarian, and as a vegan. Going vegan has not caused me

to lose a single pound. Portion control is almost the most important factor, and the menus near the end of the book don't include portions at all. They do include lists of suggested natural food products, including many prepared foods, like TV dinners. While I love some of the products listed, is over-reliance on these kinds of foods something that the authors want to encourage? Not all of them are really all that healthy. Vegan junk food is still junk food. There is other factual information that just seems...wrong. The authors suggest donating blood as a way of helping others and losing weight. Losing weight? Excuse me? I call bull, just for the simple reason if that were true, I would have heard about it already and the American Blood Association would be using it as a way to get people to donate. Also, the authors seem to endorse the philosophy that everything that ails you can be traced to diet. You shouldn't take aspirin for menstrual cramps because your cramps are just the result of your crappy diet.

It's sad that anyone would take their advice. I have no issue with veganism. Veganism is fine. I was a vegetarian for several years and didn't eat red meat for several more after that. I couldn't do the vegan thing, but I appreciate that some people do want to eat that way, and I think there are some good reasons to limit or eliminate meat and dairy consumption. What I have a problem with is the language that the authors use in the book to try to convince people to eat vegan - and I'm not talking about the profanity. You see, in addition to being an ex-vegetarian, I am also in recovery from an eating disorder. And so much of the language in this book is exactly the kind of thing I would say to myself to convince myself not to eat, when I was at the worst point in my illness and trying to eat less than 600 calories a day, while at the same time exercising 3-4 hours a day. It's a lot easier not to eat when you convince yourself that what's on your plate is disgusting - that it is rotting, filled with pus, decomposing, etc. Who would want to eat a horrible plate of rotting meat, right? If you can look at your plate and see filth rather than tasty food, it's easy not to eat it. It's easier to not eat when you constantly tell yourself that you're fat, lazy, worthless, stupid, etc. if you eat. Because if you can make the self-criticism stop by not eating - if you can feel virtuous and clean and okay by not eating, and have the relentlessly critical voices stop for a little while, and have some peace from your own anxiety and tension - then not eating becomes an easier and easier thing to do, over time. I didn't hear two angry vegans speaking in this book. I heard two women who have major food and body issues that they've never addressed.

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