



Skinny Bitchin': A "Get Off Your Ass" Journal to Help You Change Your Life, Achieve Your Goals, and Rock Your World!

Rory Freedman , Kim Barnouin

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Are you sick and tired of your unfulfilling, uninspiring, uneventful existence? Good! Getting honest and clear with yourself is step one in creating the life you've always wanted! The Bitches are back and they're here to guide you on your journey from ordinary to extraordinary with inspirational quotes, inventive homework assignments, and their signature tough-love approach.

-Quit crying in a corner 'cause your boyfriend dumped you; you know he was a lame lay, anyway. Bask in the glory of being single for a while! (That doesn't mean sluttin' it up with every guy you meet.)

-Whatever you've been dying to do or try but have been too scared--today is the day! Carpe diem, bitches! Carpe diem! This ain't no dress rehearsal!

-You spend eight hours a day, five days a week at your job...and you hate it? Quit, bitch! Life is short and time is precious!

Don't you know that the Universe wants you to have everything you've ever dreamed of? Rory and Kim learned this sacred truth and how to harness its power, and they want the same for you.

So get off your ass and get your groove on! You're gonna rock your own world!

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Date : Published December 2nd 2008 by Running Press Book Publishers (first published November 5th 2008)

ISBN : 9780762435371

Author : Rory Freedman , Kim Barnouin

Format : Paperback 192 pages

Genre : Food and Drink, Cooking, Health

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From Reader Review Skinny Bitchin': A "Get Off Your Ass" Journal to Help You Change Your Life, Achieve Your Goals, and Rock Your World! for online ebook

Brittany says

I didn't completely read or finish this book, but it is mostly a blank journal with a few quotes or suggestions on every few pages. I bought this book when I was going through my self-help phase. It's good enough and has some cute illustrations, but I haven't written in it for months. I thought it would be a bit more substantial or motivating, but in the end it is just a glorified diary for grown women.

Rebecca says

Love this inspirational journal by the girls who wrote Skinny Bitch. Lots of no-nonsense, practical advice and the inspirational quotes are right-on. A Must-get (especially for the New Year!)

Judy says

I wasn't really sure what I was getting when I requested this book from the library. It is a small book of journal prompts. I really liked many of the prompts and quotes listed in the book, so much so that I came home and printed them out on address labels. I did them in different fonts and now have 5 pages of prompts and quotes to add to my journal pages.

Farah KN. says

From virgin megastar

Gabriella says

It's RAW in language content, that's what I enjoyed most. I'll keep it on my coffee table (:
