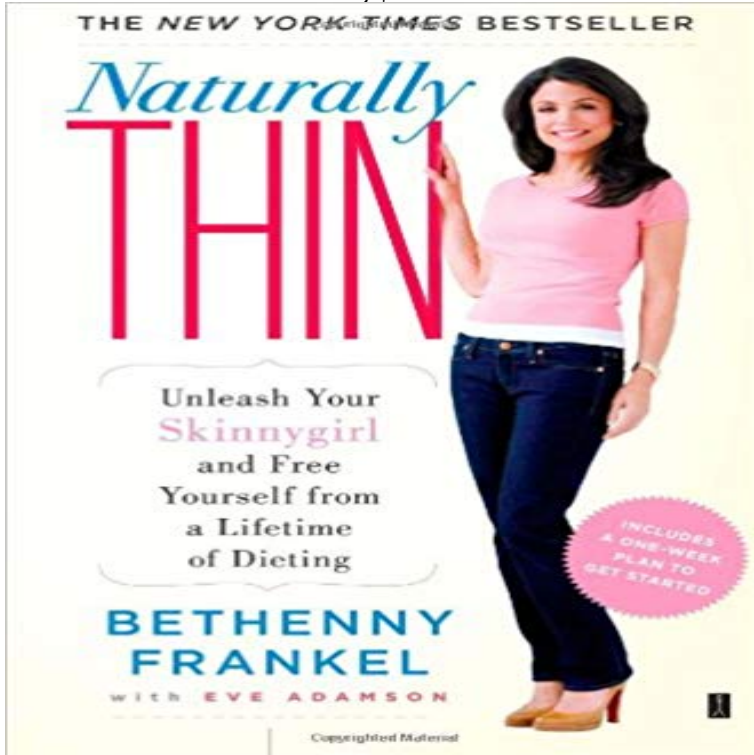


# Naturally Thin: Unleash Your SkinnyGirl and Free Yourself from a Lifetime of Dieting



She stole the show in the runaway hit *The Real Housewives of New York City*, but Bethenny Frankels passion has always been enjoying healthful, natural foods and sharing that love: whether she was cooking for Hollywood A-listers, launching her successful company *BethennyBakes*, providing delicious recipes to *Health*, or working with leading lifestyle and food companies. *Naturally Thin* shows how anyone can banish their Heavy Habits, embrace Thin Thoughts, and enjoy satisfying meals, snacks, and drinks without the guilt. Armed with Bethennys rules, readers will say: I know when I am really hungry When Im really hungry, I look for high-volume, fiber-rich foods I can have any food I want I love the taste of real food With more than thirty simple, delicious recipes (including her famous *SkinnyGirl Margarita*), a one-week program to jump-start readers on the *Naturally Thin* lifestyle, and warm, witty encouragement on every page, Frankel serves up a book for a healthier and thinner life.

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