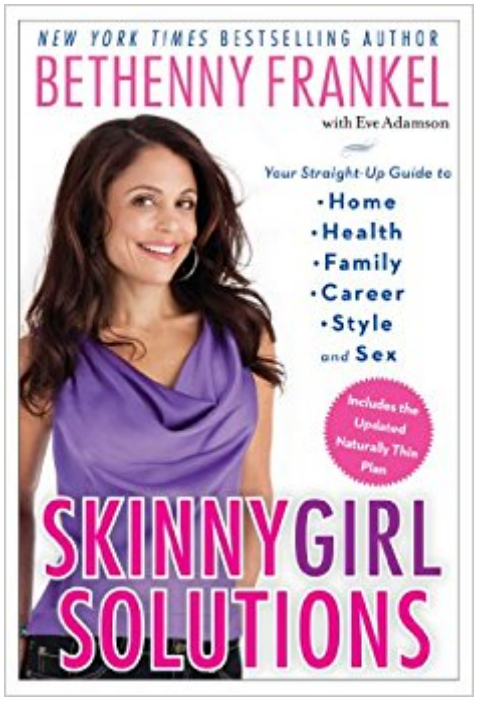
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# Skinnygirl Solutions: Your Straight-Up Guide To Home, Health, Family, Career, Style, And Sex




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## Synopsis

From New York Times bestselling author and reality television star Bethenny Frankel, the modern womanÃ¢â ¬â„¢s guide to looking fabulous while balancing health, home, and career.BETHENNY FRANKEL, FOUR-TIME NEW YORK TIMES BESTSELLING AUTHOR, ON-THE-GO WORKING MOM, SELF-MADE BUSINESSWOMAN, AND DAYTIMEÃ¢â ¬â„¢S NEWEST TALK SHOW HOST, SHARES HER SKINNYGIRL GUIDE TO LIFE: SIMPLE IDEAS, EXTRAORDINARY RESULTS.  SKINNYGIRL SOLUTIONS is your guide to having it all without getting overwhelmed. BethennyÃ¢â ¬â„¢s nononsense advice extends beyond the first adult steps and well into real relationships, established careers, and mommyhood, including: Ã¢â ¬Â¢ Living Naturally Thin Ã¢â ¬Â¢ Making fresh, healthy food for the table and on the go Ã¢â ¬Â¢ Organizing your kitchen, your closet, and even your bathroom Ã¢â ¬Â¢ Finding great fashion without breaking the bank Ã¢â ¬Â¢ Beauty care essentials Ã¢â ¬Â¢ Creating a home thatÃ¢â ¬â„¢s a haven Ã¢â ¬Â¢ Effortless entertaining Ã¢â ¬Â¢ Career planning Ã¢â ¬Â¢ Entrepreneur advice Ã¢â ¬Â¢ And how to create work-life balance  In SKINNYGIRL SOLUTIONS, Bethenny offers hard-won advice on how to maintain a wellbalanced life. In Skinnygirl Wellness, Bethenny updates her advice on how to be Naturally Thin with an all new Quick-Start Plan and tips for getting kids (and the whole family) to eat better without complaints! The Skinnygirl Solutions for Daily Life section reveals BethennyÃ¢â ¬â„¢s keys to managing a hectic schedule, keeping a beautiful home, and finding time for love, family, and yourself. Lastly, in Skinnygirl on the Job, Bethenny addresses such issues as launching a career that fits with all the other important components of your life, knowing if youÃ¢â ¬â„¢re ready to have your own business, the pros and cons of working from home, the 101 on finance, and what to do when things go wrong. In SKINNYGIRL SOLUTIONS Bethenny gives her always honest take on how to make smart, everyday choices that will lead to a fabulous Skinnygirl life.

## Book Information

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## Customer Reviews

Ã¢â ¬Å“Fans love Frankel not just because she tells it like it is and swears like a pirate but also because she's an ambitious woman struggling to balance her business, her family, and her past on five-inch Brian Atwood pumps.Ã¢â ¬Â• (Forbes)Ã¢â ¬Å“If anyone knows how to get into amazing shape fast, itÃ¢â ¬â„¢s Bethenny Frankel. Despite her crazy-busy schedule, Bethenny has found the secret to shoehorning in enough exercise to live up to her Skinnygirl name.Ã¢â ¬Â• (Health)Ã¢â ¬Å“The health-conscious celebrity chef and Skinnygirl mogulÃ¢â ¬Â¦is clearly an expert on all things culinary.Ã¢â ¬Â• (The Huffington Post)Ã¢â ¬Å“ItÃ¢â ¬â„¢s this brutally honest, refreshingly inappropriate candor that has won her millions of fans." (People)Ã¢â ¬Å“Bethenny is honest 24/7 Ã¢â ¬â œ with or without cameras.Ã¢â ¬Â• (Glamour)Ã¢â ¬Å“The mommy mogul manages to do it all.Ã¢â ¬Â• (Us Weekly)Ã¢â ¬Å“Her appealing confessional tone and admission of personal challenges with dieting and love make these otherwise mundane subjects (diet, exercise, and home organization) fun to readÃ¢â ¬Â¦. For those who admire her no-nonsense approach and ambition, this latest offering will likely be an inspiring read.Ã¢â ¬Â• (Publishers Weekly)Ã¢â ¬Å“Skinnygirl SolutionsÃ¢â ¬Â• is a compendium of advice for the modern woman on how to live right, from the personal to the professional. Written Bethenny-style, it offers tips that Martha Stewart would never think to share.Ã¢â ¬Â• (New York Daily News)"The voice is classic Bethenny: candid, sassy and opinionated, punctuated with self-deprecating humor. She writes like sheÃ¢â ¬â„¢s talking to her girlfriends Ã¢â ¬â • unedited and not afraid to show a vulnerable side in the brief mentions of her painful divorce. With hundreds of self-help books, FrankelÃ¢â ¬â„¢s connection with her fans sets this one apart. Her ability to tap into how women think and feel creates an intimacy with readers." (The Washington Post)Ã¢â ¬Å“Skinnygirl SolutionsÃ¢â ¬Â• is written from the heart. The book is lovingly dedicated to women and itÃ¢â ¬â„¢s clear Frankel genuinely cares about making life better for them, whether itÃ¢â ¬â„¢s sharing a low-fat recipe or creating a business plan. Her pluck and unrelenting work ethic will inspire fans and will probably be responsible for a new generation of female entrepreneurs who are healthy, organized and impeccably dressed." (The Washington Post)"As an author, single mom and soon-to-be talk show

host, Bethenny Frankel knows plenty about juggling. Her new book offers tips to smooth the way." (People Magazine)

Bethenny Frankel is a five-time bestselling author. Her books include Skinnygirl Solutions, Skinnydipping, A Place of Yes, Naturally Thin, and The Skinnygirl Dish. She is the creator of the Skinnygirl brand, which extends to cocktails, health, and fitness, and focuses on practical solutions for women. Visit her at Bethenny.com.

Bethenny Frankel has practical, life ready ideas. Her honest and clever approach to life is refreshing and informative. This is a must read for all age adults.

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!

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.

I really like Behenny. I enjoy her writings. I think she is a lot of fun. I liked this book.

loved the book

Bethenny, I love you, but this was a ho-hum. I think you've said all this before. I listened the first time! Something new, please. I'd buy it!

This book was a huge promotion for her talk show. It different feel genuine and I would not recommend to anyone. Save your coins and time.

This book is Essential for every 21st century woman. I absolutely loved it. Bethenny covers everything from how to organize a travel bag to how to consider business negotiations. Buy it.

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