



Skinnygirl Solutions: Your Straight-Up Guide to Home, Health, Family, Career, Style, and Sex

Bethenny Frankel

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YOUR GUIDE TO HAVING IT ALL WITHOUT GETTING OVERWHELMED

In *Skinnygirl Solutions*, *New York Times* bestselling author Bethenny Frankel offers her best tips on home, health, family, career, style, and, of course, sex. Her no-nonsense advice extends beyond the first adult steps and well into real relationships, established careers, and mommyhood. *Skinnygirl Solutions* offers many practical tips on how to lead a well-balanced life, including:

- Living Naturally Thin
- Making fresh, healthy food for the table and on the go
- Organizing your kitchen, your closet, and even your bathroom
- Finding great fashion without breaking the bank
- Beauty care essentials
- Creating a home that's a haven
- Effortless entertaining
- Career planning
- Entrepreneurial advice

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