



Skinny Bitch: Home, Beauty & Style: A No-Nonsense Guide to Cutting the Crap Out of Your Life for a Better Body and a Kinder World

Kim Barnouin

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Kim Barnouin has already told her fans how to “stop eating crap and start looking fabulous.” But there’s more to being a Skinny Bitch than eating well. Turns out, there’s crap everywhere—not just in food, but in cosmetics, clothing, and home furnishings.

Kim blows the lid on all of the nasties in our everyday stuff (everything from lipstick to sofa upholstery), and shows how we can make both small and big changes in our home, wardrobe, and beauty regimen—for living the Ultimate Skinny Bitch lifestyle!

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