



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

*Bethenny Frankel*

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**Naturally Thin: Unleash Your SkinnyGirl and Free Yourself from a Lifetime of Dieting** Bethenny Frankel

She stole the show in the runaway hit *The Real Housewives of New York City*, but Bethenny Frankel's 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 Bethenny's rules, readers will say:

- I know when I am really hungry
- When I'm 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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