



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

Bethenny Frankel

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From four-time *New York Times* bestselling author Bethenny Frankel, the book that started it all: *Naturally Thin*. Bethenny Frankel, talk show host, “Queen of Cocktails,” and “Mommy Mogul” has always had a passion for preparing and enjoying healthful, natural foods and sharing that love.

The *New York Times* bestseller *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, you 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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Sondra Spencer:

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