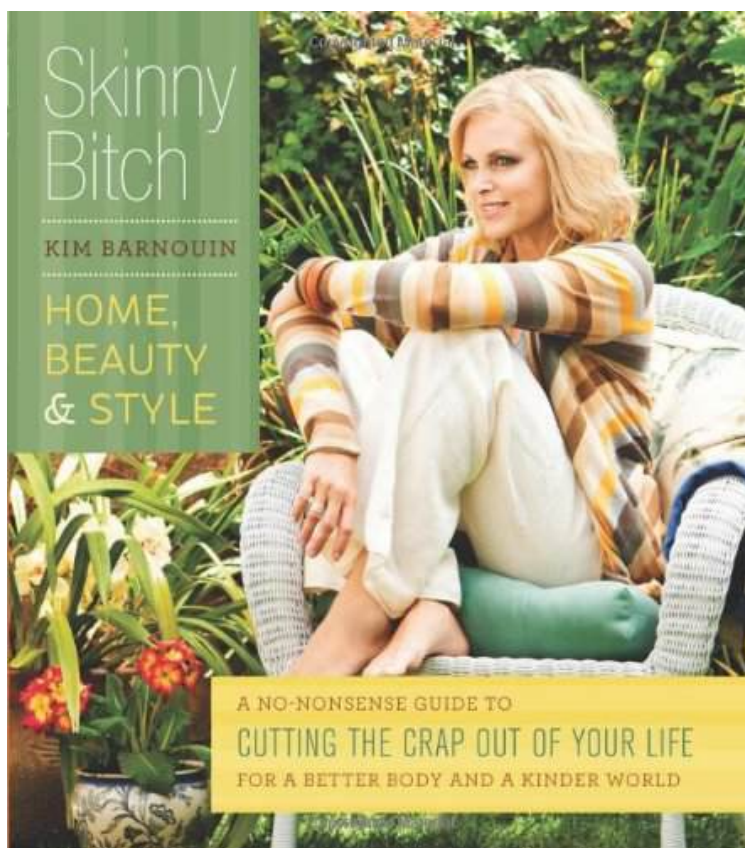


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research she did to write this one I had never thought about all of the chemicals lurking in my home and the book provides insight and solutions to all things toxic I really appreciated the section on beauty products it's unbelievable what is lurking in an innocent looking tube of lipstick Thanks to this Kim Barnouin has already told her fans how to stop eating crap and start looking fabulous rdquo 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 Library Journal Meagan Storey Virginia Beach Sep 15 2011 Since 2005 Barnouin has spread the Skinny Bitch series message with coauthor Rory Freedman In Barnouin's second solo book after Skinny Bitch Ultimate Everyday Cookbook she expands the disc

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