



Skinny Bastard (Paperback)

By Kim Barnouin, Rory Freedman

Running Press,U.S., United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. What's good for the bitch is good for the bastard. Hundreds of thousands of women have been inspired to use their head and get real about the food they eat after reading the best-selling manifesto *Skinny Bitch*. But it turns out some men have been reading over their girlfriends' shoulders. Professional athletes such as Milwaukee Brewers Prince Fielder and the Dallas Mavericks Jerry Stackhouse have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it's time for the guys to have a book of their own. In *Skinny Bastard*, they'll explain why the macho meat and potatoes diet is total crap, why having a gut is un-cool (and a turn-off), and how to get buff on the right foods. Eating well shouldn't be a girlie thing, and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

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