



# **Skinny Bitchin': A "Get Off Your Ass" Journal to Help You Change Your Life, Achieve Your Goals, and Rock Your World!**

*Rory Freedman, Kim Barnouin*

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Are you sick and tired of your unfulfilling, uninspiring, uneventful existence? Good! Getting honest and clear with yourself is step one in creating the life you've always wanted! The Bitches are back and they're here to guide you on your journey from ordinary to extraordinary with inspirational quotes, inventive homework assignments, and their signature tough-love approach.

-Quit crying in a corner 'cause your boyfriend dumped you; you know he was a lame lay, anyway. Bask in the glory of being single for a while! (That doesn't mean sluttin' it up with every guy you meet.)

-Whatever you've been dying to do or try but have been too scared—today is the day! Carpe diem, bitches! Carpe diem! This ain't no dress rehearsal!

-You spend eight hours a day, five days a week at your job...and you hate it? Quit, bitch! Life is short and time is precious!

Don't you know that the Universe wants you to have everything you've ever dreamed of? Rory and Kim learned this sacred truth and how to harness its power, and they want the same for you.

So get off your ass and get your groove on! You're gonna rock your own world!

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