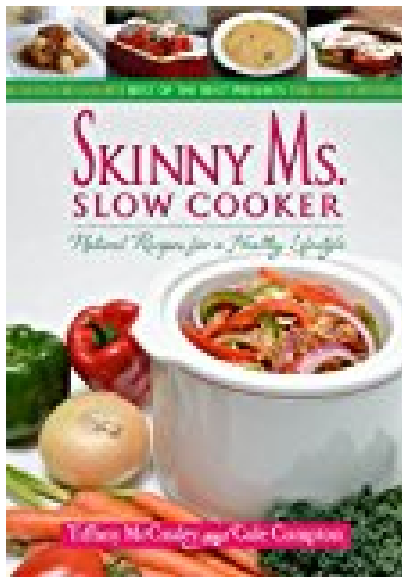


Skippy Ms. Slow Cooker - Natural Recipes for a Healthy Lifestyle Best of the Best Presents



BOOK DETAILS

- Author : Tiffany McCauley
- Pages : 222 Pages
- Publisher : Quail Ridge Press, Inc.
- Language : English
- ISBN : 1934193763

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BOOK SYNOPSIS

Whats 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 its time for the guys to have a book of their own. In *Skinny Bastard*, theyll 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 shouldnt be a girlie thing - and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

SKINNY MS. SLOW COOKER - NATURAL RECIPES FOR A HEALTHY

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