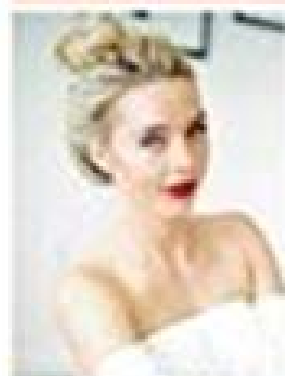


THE SKINNY CONFIDENTIAL™



A BABE'S SEXY,
SASSY FITNESS AND
LIFESTYLE GUIDE



lauren evarts

creator of the
at home and fitness blog,
theskinnyconfidential.com



Lauryn Evarts

The Skinny Confidential: A Babe's Sexy, Sassy Fitness and Lifestyle Guide



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The Real Deets on How to Live a Skinny, Happy, Sexy Life Not sure how to keep it all together? If you value my blog, this reserve will give you the bigger picture—a total lifestyle guideline. With my lifestyle guidelines you can keep your bod, your love life, your individual style and everything else warm & sexy. Whether you're trying to tone those bat wings, wanting to develop healthier diet plan, wanting to know about juice cleanses or interested in how to achieve that Victoria's Secret curl—I got ya covered. It's all about learning to balance your daily life. I'm Lauryn Evarts, the creator of The Skinny Confidential, a blog page that was ranked the most popular health blog in the world. With easy exercises, delicious and affordable recipes and accessible tips about everything from maintaining your hair looking hot and healthy to how to steal your boyfriend's clothes on your own quick wardrobe makeover, my book has it all. I've also been highlighted in The Huffington Post and frequently blog for television personality Giuliana Rancic's Fab Suit Fun. Well, babes, you're in luck.



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Motivating Easy browse, great tips and delicious recipes. I love this book because the writer wasn't wordy, she experienced more of a "simply do it!". I've currently made one of the smoothies for breakfast today (yum! I love it. She makes it impossible for you never to want try at least one of her suggestions.) and intend to make the pancakes tomorrow:-) A Great Gift This is an excellent table top reference book, packed with practical life-style advise--Lauryn's mantra is that life is all about balance. Everything from mouthwatering quality recipes, exercises, fashion tips to relationship advice are included within its web pages. Lauryn's totally clean, saucy insider's voice and point of view makes it a most pleasant read--yes, even for us men. (I skipped the make-up section!) Strongly suggested. Love Lauryn and your blog, this is an excellent supplement but nothing new I'll preface this review by saying that I am a huge fan of your blog and We follow Lauryn religiously. First and foremost while I really like Lauryn's blogging style--I hate it when translated to a publication. That getting said--there are some downsides to this reserve. The chat speak can get irritating. I love that recipes are included and that it promotes a more holistic approach to leading a healthy life. It really is motivating and I believe Lauryn is relatable. She's gorgeous and thin, but she makes it seem like she's an excellent friend giving you advice. That said, there is nothing really new that you can't come across on her blog. Honestly, I'd take the money you would spend on this publication and place it toward a Bombshell Body Subscription that she offers on-line. Way more articles and an easier way to obtain additional for your money. Love Lauryn! Was pleased to support her by purchasing . Great tips." approach in conjunction with "yes you can do it, here's how". Ideal for reading on the weekend.. Her blog page and podcast are awesome, check them out! Pretty good advice. I started hearing the Skinny Confidential his and her podcast and found it light hearted and entertaining in addition to very informative! Then i had to have Lauren's reserve. Great ideas, especially how exactly to stay your course, also if your honey isn't joining you. I will now pass this on to my 17 yo daughter to help her with her eating and exercise. Thank you! ?? AMAZING BOOK!! The reserve isn't worth paying for when you can browse the blog.. SO very much info and it's just a great book with great guidelines! I've never actually heard about Lauryn til I noticed her book pop up on my feed but I'm so pleased that I went on a limb and got it! Super cute It's a quick read.. This book is humorous and helpful! Love Lauryn! There is nothing that's out of grab the average person Natural therapy This lady is so right down to earth .. The quality recipes were a +. I needed to like it because I typically appreciate her content, but this is boring and tasteless. Give your reader REALNESS and accurate honest content. Once again, it's a joke. It creates me question whether somebody like this is merely wanting publicity instead of giving their readers accurate content material. Give us a book with actual well crafted paragraphs and true content material. Lauryn delivers information so, that We am happy when I listen to her wanting to help us& Was pleased to support her by purchasing her publication..give us a thing that is worth our money. It's a shame. Everything was common sense and currently on her blog/insta. Despite what others state Personally, i LOVED this book!. Thanks, xx Four Stars good book for all to learn Waste of money Sigh. Not bombarded by words full of crap scam I really like The Skinny Confidential but after scanning this, I'm extremely disappointed. I'm a fan Fast and simple read.! she makes me laugh. this book was utterly disappointing.



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