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College of Natural Health), authors of the best-selling Skinny Bitch (subtitled A No-nonsense, Tough-love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous! and which led to the publication of a number of subsequent books, including Skinny Bitch Bun in the Oven and Skinny Bastard).

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Clark, M. and Aronson, R. (2006), The Skinny: How to Fit into your Little Black Dress Forever. New York: Meredith Corporation. Freedman, R. and Barnouin, K. (2005), Skinny Bitch. A No-Nonsense, Tough-Love Guide for Savvy Girls who Want to Stop Eating Crap and Start Looking Fabulous!. Philadelphia: Running Press.

Book recommendation: skinny bitch – tedi sarah

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Meet our guest editor: skinny bitch author kim barnouin

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