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



Synopsis

The Real Deets on How to Live a Skinny, Happy, Sexy LifeNot sure how to keep it all together? Well, babes, you're in luck. With my lifestyle tips and tricks you'll be able to keep your bod, your love life, your personal style and everything else hot & sexy. Whether you're trying to tone those bat wings, wanting to develop healthier eating habits, wondering about juice cleanses or curious about how to attain that Victoria's Secret curl-I got ya covered. It's all about learning to balance your life.I'm Lauryn Evarts, the creator of The Skinny Confidential, a blog that was rated the most popular health and fitness blog in the world. I've also been featured in The Huffington Post and frequently blog for television personality Giuliana Rancic's Fab Fit Fun.With easy exercises, delicious and affordable recipes and accessible tips on everything from keeping your hair looking hot and healthy to how to steal your boyfriend's clothes for your own quick wardrobe makeover, my book has it all.If you love my blog, this book will give you the bigger picture-a total lifestyle guide.

Book Information

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Customer Reviews

âœI immediately fell in love with Lauryn's blog and still check it daily. She truly is an inspiration!â • âœKayslee Collins, top model and singerâœLauryn knows how to perfectly balance being healthy, happy and fit while looking good and having fun in the process. She is a wealth of knowledge for health and fitness tips for anyone wanting to look and feel their best!â • âœAnnie Lawless and Eric Ethans, founders of Suja JuiceâœLauryn is a great resource for all things fashion, beauty and health. Her recommendations are always on point and help me discover new styles, foods and accessories I need to try! Lauryn is a true tastemaker whose style I envy.â • âœSarah Dussault,

YouTube fitness guru and author of Sarah Fit: Get Skinny Again!

Lauryn Evarts is the creator of the blog & brand, The Skinny Confidential, which was named the top health/fitness blog in the world by BlogLovin'. Lauryn has worked with Free People, ViX Bikinis, Benefit Cosmetics, Lionsgate Television and Victoria's Secret. She lives in San Diego, California.

I will preface this review by saying that I am a huge fan of the blog and I follow Lauryn religiously. That being said--there are some downsides to this book. First and foremost while I love Lauryn's blogging style--I hate it when translated to a book. 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 think Lauryn is relatable. She's gorgeous and thin, but she makes it seem like she's a good friend giving you advice. That being said, there is nothing really new that you can't find on her blog. Honestly, I would take the money you would spend on this book and put it toward a Bombshell Body Subscription that she offers online. Wayy more content and a better way to get more for your money.

I really wish I read the reviews before I purchased! I wanted to like this book, because I like Lauryn's blog, however this was disappointing and a waste of money. It lacks substance and insight into health and lifestyle, which is what the book is supposed to be about. She goes into more depth about products, inspirations, and exercise on her blog which is all accessible for free. As I don't live in the US, I couldn't easily ship it to where I live, so I downloaded the kindle edition. It's just so dull to read this way, and there are limited pictures to accompany her writing. However maybe the hardcopy is more pleasant to read? Lauryn, we expected this book, which is something your followers PAY for, to be more in depth and exclusive from what we can find for FREE on your blog! (or on other blogs for that matter!)

I usually love lifestyle books but I found this to be juvenile and non-engaging. Personally, I found her blog to be more interesting and resourceful. If you are looking for a great lifestyle book, inspiring, well-written with great resources and solid tips, check-out Maria Menounos " Every Girl's Guide to Life".

Love Lauryns blog but I really felt like her book was a total waste of money. The content was really weak overall, and nothing went into that much depth.. (seriously her blog is better),

I was a little mad at myself for buying this, honestly. Like many other reviewers stated, you can find the majority of the information on the blog and there's really nothing to get excited about. I really enjoy the blog but it seems like I'm reading so much of the same recycled material. Obviously, she's a super smart business woman but if you're looking for some secret tips or tricks, you won't find it in this book.

Easy read, great tips and delicious recipes. I like this book because the author wasn't wordy, she had more of a "just do it!" approach coupled with "yes you can do it, here's how". She makes it impossible for you not to want to try at least one of her suggestions. I love it. I've already made one of the smoothies for breakfast today (yum!) and plan to make the pancakes tomorrow:-)

Great book.

I've been an avid fan of TSConf forever. I was super excited for Lauryn to get this book deal. But I think it fell a little flat. The only thing she really talks about in any detail that's never been on the blog is a few exercises. I lurrve you, Lauryn, you've been totally inspiring to me... I just wish this had had a little more substance and been a little more tell all. Still will be a loyal TSConf girl though!!

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