



# **The Skinny: How to Fit Into Your Little Black Dress Forever**

*Melissa Clark , Robin Aronson , Darwin Deen (Foreword by)*

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Eat what you love and love how you look! Let the girls show you how it's done. If your two favorite girlfriends wrote a hilarious, insightful book about how to look and feel fabulous without denying yourself the pleasure of great food, it would look just like this! The authors bring their unique perspectives (girl-about-town and mother of twins) to show how, whatever your lifestyle, you can balance eating smart and eating rich, and still look amazing in that little black dress. No strict rules, no boring talk about glycemic index, just savvy advice, complete meal plans, and more than 75 amazing recipes, plus an emergencies-only The Little Black Dress Diet-how to eat when you absolutely must fit into your dress by the weekend.

## The Skinny: How to Fit Into Your Little Black Dress Forever Details

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Author : Melissa Clark , Robin Aronson , Darwin Deen (Foreword by)

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# **From Reader Review The Skinny: How to Fit Into Your Little Black Dress Forever for online ebook**

## **Danika says**

Eh. Just OK. I'm definitely not the target audience, but that's fine. I agree with some of the basic tenets as especially liked their insistence on truly enjoying your food- never eat on the run, always sit and eat w/ a placemat, napkin etc. But damn, these ladies do NOT eat a lot of calories. I'm way to active to get by on 4-5 MOUTHFULS of an entree. No way. Plus, I really don't need any "tricks" to make it look like I ate more of something than I did. Certainly a very fast read, with a few good points, but not worth going out of your way for.

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## **Patricia says**

Before reading this book I already knew what I needed to do to be successful with my weight loss/body improvement efforts, but I always have had issues with just HOW to do it... especially with my busy busy schedule. This book has been very helpful in showing me how to do it - it's all about the method - and since living on "The Skinny" I've lost 6 lbs and counting....

FYI: Although the book is called "The Skinny" the authors make it quite clear that they are not trying to push anyone to be skinny, literally - it's all about what works best for the reader - their own individual "skinny." Mine is a size 10.

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## **Laura says**

The tone of this book was great - two women who love food, work in the food and publishing industry dish on how they stay thin. And guess what, they exercise and eat less! While it's nothing radical, it's a good, chatty pep talk if you're looking to trim down. One of them does skip meals before special occasions, and I don't think that all of their advice would pass muster with a dietician or doctor, but it's like getting diet tips from two foodie friends.

The recipes are good, though Clark doesn't cook with things that most people would keep in their homes. Also, there isn't any nutritional information for any of the recipes! That really got to me - while they don't use diety ingredients, I think that any book claiming to be about a healthy diet should include the nutritional information on any included recipes. So, they lost a star for that.

Not really a diet, just a healthier living pep talk by two women who love food and have been successful at keeping off weight. It's a quick read if this kind of thing is up your alley.

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## **Ajoque says**

3.5 stars

Like any self help diet book you better brace yourself for the same old song and dance of "eating more fruits and veggies, portion control and more than 3 meals a day." This book goes beyond these concepts in that it suggests ways to do this in an easy one step at a time non-overwhelming manner. And it's all done without abusing the self esteem or questioning the intelligence of the reader with insults and unnecessary name-calling, like the authors of *Skinny Bitch*. Plus it's filled with more than a dozen great recipes in the end, some of which I am excited to try out.

If you need help with ideas on how to make eating healthy easier to approach then this book is a great place to start.

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### **Cynthia says**

I'll start by saying that I love Melissa Clark's cookbooks, and her NYT recipes. Love, love, love. So I was looking forward to this book. I was quite disappointed. The main problem? Clark and her friend eat out at restaurants a LOT, so they recommend picking the thing on the plate you like the most, eat it, and only take a bite or two of the other things. Sounds reasonable. But. There is no mention whatsoever of taking the leftover food home. Nope, it gets discarded. There is something truly horrible in that, wasting massive quantities of food over time. And it just seems so spoiled, American, over-the-top self-centered and selfish to waste so much food constantly, and without giving a single thought to what that waste means. (And I'm a fairly spoiled American myself, so I'm not casting national aspersions.) People living in their own little bubble in which the only thing of importance is being skinny.

As for the rest of the book, it is mostly common sense and conventional wisdom. Nothing that you probably haven't heard many times before, or can easily figure out for yourself.

So I'm going to try to forget about this book, and cook some more of Clark's wonderful recipes :-)

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### **Laila (BigReadingLife) says**

I liked this book because it felt friendly in tone, like these were people who had walked down the emotional eating road before, and they had some stuff that worked, and they wanted to share their info with you. Half the book is recipes, which I probably won't make, but the other half is really good, albeit common sense, advice on eating. Eat what you want, nothing is forbidden, but just don't eat a ton of it. Eat fruits and veggies a lot more than you do now. Don't wig about that extra cookie, because you can always just eat a healthier meal the next meal to make up for it. Enjoy what you eat, and take time to savor it. It's good stuff.

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### **Dana says**

Just meh. The authors don't really give any life-changing advice, and it all seems somewhat amateur. All of the tips they give are basically common sense, so I haven't really gleaned anything new. I'm only about halfway through, so maybe it'll get better? I'm looking forward to the recipes they have included.

I finished the book and it still didn't have any inspiring advice. Do not recommend.

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## **Ali says**

Useful: ?

Recipes: ?

Writing: 3/5

Here is the basic message: Eat whatever you want. If what you want is good for you, eat a lot of it. If what you want is not good for you, have a little bit and move on to things that are good for you. The message is repeated in slightly different ways for many pages. Reading the book is like listening to a friend who talks a lot and both repeats and interrupts herself a lot. Maybe all of that repetition is required to make the mantra a part of your life... I'll have to update this when I've tried the recipes and the "skinny lifestyle" some more.

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## **Rachel says**

Not a radical diet, and this book isn't filled with exercise tips or calorie counting drills. Just a basic way to approach eating -including the things you love- in a sensible way that allows one to maintain a healthy weight, and a non-soul-destroying way to lose weight (when combined with exercise, of course; this isn't a magic bullet).

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## **Adrienne says**

Holy cow! If I eat "less" calories, I can LOSE WEIGHT?! Shut right up. Not to mention I should eat more fruits and veggies!! Sorry. I plan on eating A WHOLE ENTREE when I go out to eat. Is there some rash going around I should be aware of, this "don't ever eat a whole meal" epidemic? PLEASE!!! Their version of "eat whatever you want!!!" is eat maybe 2 fries of your side of fries, a slurp of a milkshake (NOT AT THE SAME MEAL!!! heaven forbid!), and never EVER a whole dessert of anything. Why did I read this? Am I a TOTAL sucker? The one star is because the ladies were (kind of ) likeable and the "skinny book" was cute. Barf. (surprised there wasn't a tasteful chapter on purging. Since one recommends "skipping meals" before a big meal. Faaaabulous, ladies. Rock, rock on.)

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## **Beth says**

I put this in the "cookbooks" category just because it has recipes in it, but it's not really a cookbook. That said, the recipes were a little high-brow for me. I'm a simple gal and a lot of the ingredients were too "grown up" for me. I mean, Lawry's is about as spicy as I get.

The actual content of the book wasn't anything I hadn't heard before: eat mindfully, don't eat in front of the tv, etc., but it doesn't hurt to hear a reminder. This was more of a skim than an actual read.

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**Gina says**

Read it on the beach within the day. Good reminders, great points, and recipes I can't wait to make!

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**Ashton says**

This was a fun book. Mostly it's an outlook - anyone who has dieted already (or can do basic math) knows that if you eat fewer calories than you burn in a day, you will lose weight. It's not rocket science. Also, Eat More Fruits and Vegetables makes sense. What's nice is that this isn't a diet - it's just motivating. Take what you do every day, cut your portions down, add some exercise, and forgo the extra cookie (note the word extra - you still get your cookie). So I enjoyed it. Several of the recipes look really good too, so making copies of those before returning this one to the library for sure.

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**Theresa says**

Really good for anyone who loves food and wants to lose weight in a sustainable way.

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**Lyn says**

gives simple useful advice that can be outlined in a couple of lines:

Be selective of what you eat, only eat when hungry and the thing you really want to eat and train to eat a sufficiently smallest portion of food you need. Exercise regularly and enjoy life.

It explains the outline above in detail in a sassy fashion.

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