



Getting in Touch with Your Inner Bitch

By Elizabeth Hilts

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Getting in Touch with Your Inner Bitch By Elizabeth Hilts

Expanding on her now-classic *Getting in Touch with Your Inner Bitch* (over 120,000 copies sold), Elizabeth Hilts adds more edgy wisdom to the book that has helped thousands of women get in touch with that integral, powerful part of themselves that is going unrecognized. After all, your Inner Bitch is the little black dress of attitudes-perfect for every occasion-and your own personal antidote to the torrent of absurd requests, ridiculous expectations and outrageous demands women face every day.

This edition is bursting with new material, including:

- Inner Bitch reminders-snappy ways to keep your Inner Bitch always on alert
- Inner Bitch wisdom-advice and quotations from bitches through the ages and throughout the world, proving that she who wields power, wins
- New observations on the importance of the Inner Bitch in life, love and the pursuit of happiness

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Editorial Review

Amazon.com Review

I read this book on the way to my last job interview. And I got the job. Now, I'm not saying that I was successful by being a bitch, but being in touch with my needs and goals was certainly a help. This humorous look at why women don't get what they need and want uses cartoons by Nicole Hollander (Sylvia) to illustrate strategies for "getting over toxic niceness" and saying what you really mean. Perhaps the world would be a nicer place if we all stopped fretting over the "B" word.

From the Back Cover

Your Inner Bitch is that integral, powerful part of you that is going unrecognized.

--Have you ever said ?yes? when you meant ?no??

--Have you ever wanted to give someone a piece of your mind and eaten a piece of cake instead (or even the whole cake)?

--Have you ever apologized when it wasn't your fault?

If you're nodding in agreement at this point, you may be suffering from Toxic Niceness, a condition that will only be stopped by getting in touch with your Inner Bitch, your own personal antidote to the torrent of absurd requests, ridiculous expectations and outrageous demands we all face every day.

Being in touch with your Inner Bitch means never having to say, ?I don?t know what came over me.? The Inner Bitch is the part of ourselves that is smart, confident, dignified, knows what she wants and does not settle for less. The Inner Bitch calls it as she sees it and isn't afraid to speak her mind.

Your Inner Bitch awaits you...

Elizabeth Hilts is a journalist, editor and writer. She lives with her husband, Neil (who knew all about her Inner Bitch when he married her), in Connecticut.

About the Author

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Users Review

From reader reviews:

Rolando Gil:

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