

# Getting in Touch with your Inner Bitch

Elizabeth Hilts

2009 Calendar

Don't pretend  
you don't know what  
I'm talking about...



# Getting In Touch With Your Inner Bitch

**Kim Ficera**



## **Getting In Touch With Your Inner Bitch:**

**Getting in Touch with Your Inner Bitch** Elizabeth Hilts, 2006-09-01 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

**Getting in Touch with Your Inner Bitch** Elizabeth Hilts, 2004 A humorous guide to getting what you want

**Getting in Touch With Your Inner Bitch/Prepack of 10** Elizabeth Hilts, 1997-01-01

**Altar Ego** Kathy Lette, 2024-08-29 Query would it be a serious breach of etiquette to run out on my own wedding This is the question Becky Steele finds herself asking on the morning of her very own wedding Having finally managed to fit into her meringue dress after weeks of drinking only skimmed water she is suddenly uncertain about what exactly she wants Yes she loves Julian but is she quite ready to become a proper grown up and give up on the joys of the single life Julian might be the right man but has she had enough wrong ones Things get more complicated still when temptation arrives in the form of gorgeous rockstar toy boy Zack And it looks like Julian might be making a few contingency plans of his own Praise for Kathy Lette Fabulous fast paced funny unapologetically female Nobody does it better DEBORAH FRANCES WHITE THE GUILTY FEMINIST Deliciously rude and darkly funny but with compassion and humanity at its heart Read with relish NICOLE KIDMAN Kathy Lette can turn from raunchy farce to the most tender emotion in a trice STEPHEN FRY

**2011 Getting in Touch with Your Inner Bitch Boxed Calendar** Elizabeth Hilts, 2010

Sex, Lies and Stereotypes Kim Ficera, 2003 The lesbian humorist offers a collection of essays and performance pieces on such topics as Easter dusting breast size and personal ads

*Girl on the Couch* Lorna Martin, 2009-02-24 Journalist Lorna Martin had always thought that therapy was an outrageous con a fraud designed for people to whine about their weight self esteem alcohol commitment problem while blaming their emotionally absent father and or overly critical mother If you have a problem Martin believed you just deal with it pray get drunk pop some pills or listen to ABBA But after yet another disastrous relationship and an embarrassing misstep at work plus a spate of uncontrollable sobbing Martin was running out of solutions for dealing with it In an uncharacteristic move she sat down on the couch of Dr J where she spent the next year talking listening and learning more than she ever expected The result *Girl on the Couch* is Martin s warm funny and intimate diary of her voyage into the world of therapy what she calls the strangest journey of my life and the incredible discoveries she made along the way

How to Start Engaging Conversations on Women's, Men's, or Family Studies with Wealthy Strangers Anne

Hart,2007-04-03 Sicilian American Women s Men s and Family Studies Professor psychoanalyst and night radio talk show personality Anna Falco s dad always told her that the lower our self esteem the more we want to be someone different from ourselves and the more we want someone different from ourselves He made a point that the higher our self esteem the more we want someone like ourselves Anna Falco added something more to that her belief that couples with self respect will respect each other Not one of Anna s clients came from families where the husband and wife or child and parent respected one another That could be one huge reason why family wars grew into world wars Now family wars had become full blown race wars in the streets of Los Angeles Skip an octave and old hatreds of differences fanned flames between the haves and have nots She offered to trade the wisdom of age for the energy of youth But it all boiled down to honor between family members Anna explained the difference between self esteem and self respect Being an older woman reminded Wrenboy the troubled court appointed street teen that she had adopted of a mother hen capable of caging his freedom Her lined face reminded him of his own mortality at a time when he felt invincible and desperately lonely for a loving family Would he fear her strident voice hammering him back into childhood Or would he accept her globetrotting to repair the world with kindness In his search for power and autonomy he concluded it is easier to rebel na , *HELP!* Oliver Burkeman,2011-01-06 How do you solve the problem of human happiness It s a subject that has occupied some of the greatest philosophers of all time from Aristotle to Paul McKenna but how do we sort the good ideas from the terrible ones Over the past few years Oliver Burkeman has travelled to some of the strangest outposts of the happiness industry in an attempt to find out In *Help* the first collection of his popular Guardian columns Burkeman presents his findings It s a witty and thought provoking exploration that punctures many of self help s most common myths while also offering clear headed practical and of ten counter intuitive advice on a range of topics from stress procrastination and insomnia to wealth laughter time management and creativity It doesn t claim to have solved the problem of human happiness But it might just bring us one step closer *2010 Getting in Touch with Your Inner Bitch boxed calendar* Elizabeth Hilts,2009 *My Cat's Not Fat, He's Just Big-Boned* Nicole Hollander,1999-03 A delightful collection of Sylvia cartoons **Shriver** Chris Belden,2015-09-29 Mistaken for a famous but reclusive author of the same name lonely Shriver attends a writers conference at a small Midwestern liberal arts college Completely unfamiliar with the novel he supposedly wrote and utterly unprepared for the magnitude of the reputation that precedes him Shriver is feted fawned over featured at stuffy literary panels and barely manages to play it cool Things quickly go awry when one of the other guest authors suddenly disappears and Shriver becomes a prime suspect in the investigation Amidst eager fans Shriver must contend with a persistent police detective a pesky journalist determined to unearth his past and a mysterious and possibly dangerous stalker who seems to know his secret But most vexing of all Shriver s gone and fallen in love with the conference organizer who believes he s someone else When the real Shriver or is he appears to claim his place among the literati the conference and Shriver s world threaten to unravel *Spy* ,1994-12 Smart Funny Fearless It

s pretty safe to say that Spy was the most influential magazine of the 1980s It might have remade New York s cultural landscape it definitely changed the whole tone of magazine journalism It was cruel brilliant beautifully written and perfectly designed and feared by all There s no magazine I know of that s so continually referenced held up as a benchmark and whose demise is so lamented Dave Eggers It s a piece of garbage Donald Trump **Combat Dating** , Hearts and Minds Thomas David Kehoe,2003 Mammals raising their young evolved brains hardwired for emotional relationships Around this mammalian core humans evolved a new larger brain for abstract thinking Too often our abstract thinking gets in the way of emotionally connecting with other people Hearts and Minds shows you how to improve your relationships by integrating these different brain systems Plus you ll find The best places to meet single men and women page 93 How young men and women fall in love with mirrors of themselves page 74 when mature men and women love their real partners including accepting their faults page 83 How switching gender roles moves dating into a committed relationship page 139 How to use conflicts to strengthen a relationship page 146 **Elle** ,1994 **Daily Afflictions** Andrew Boyd,2002 Revolutionizing a bestselling genre this thinking man s parody hijacks the format of daily affirmations by offering daily afflictions to give readers inspiration practical advice and food for thought **The Serious Shopping Guide: Los Angeles** Rob Campbell,2013-12-24 The ultimate shopping guide for the stylish Angeleno life INCLUDES Clothing for men and women Furniture and housewares Vintage antique Many more things you never knew you just had to have With over 200 listings The Serious Shopping Guide Los Angeles is the ultimate hands on manual to the L A retail grail Rob Campbell has searched for the best and most interesting things to buy in a variety of categories including housewares clothing vintage antiques baby wear and gifts The Serious Shopping Guide doesn t ignore L A standards like Barneys and Fred Segal but you ll keep it in the glove compartment for its wealth of hidden shopping adventures all over the Los Angeles area Campbell also turns shopping up a notch by laying out forty shopping districts from Melrose and Beverly Hills to Glendale and Palm Springs The Serious Shopping Guide divulges secret haunts and tips you won t find elsewhere like when the best vintage shops put out new shipments and which flea markets yield treasures and which ones trash along with many places that will become your new go to destinations **Women** Bernard Chapin,2007-09 In Women Theory and Practice Bernard Chapin challenges the accepted theories of feminism and sexual equality in this thought provoking revolutionary look at the battle of the sexes in the twenty first century This book captures the true essence of today s apocryphal gap between men and women and how it affects not only the workplace but also romantic relationships and the interactions of men and women everywhere Chapin introduces a truly contrarian argument against society s current atmosphere of political correctness He also makes a convincing case for the hidden damage caused by the women s movement and the popular mindset that women are no longer just the fairer sex they are the better sex Chapin questions the rationale behind policies and laws created to protect women s rights and to construct equality in the workplace Chapin describes society s current backlash against men and how it has created a culture

that has wrongly declared women to be intellectually morally and emotionally superior Women Theory and Practice provides a clear rational argument against a popular socio political atmosphere that has turned women into demi gods and men into second class citizens

## **Getting In Touch With Your Inner Bitch** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Getting In Touch With Your Inner Bitch**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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