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Lauryn Evarts Bosstick has turned her passion for beauty, wellness and no-censor advice into one of the most distinctive blogs online today, The Skinny Confidential. Along with the

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blog Lauryn released her own book, The Skinny Confidential Lifestyle Guide and a BODY GUIDE, which is a monthly subscription service that includes new workouts and meal plans.

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Lauryn Evarts is the creator
of the blog & brand, The
Skinny Confidential, which
was named the top

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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.

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advice into one of the most distinctive blogs online today, The Skinny Confidential. Along with the blog Lauryn released her own book, The Skinny Confidential Lifestyle Guide & a BODY App, which is a

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monthly subscription service
that includes new workouts &
meal plans.

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Wedding - The Skinny
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Lauryn Evarts from The
Skinny Confidential. I have
a special guest on the Deep
Beauty podcast today, my
mentor and friend, Lauryn
Evarts from the Skinny
Confidential! If you are a
podcast fan, you've most

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likely come across the TSC
Him & Her podcast, it's an
awesome show done by Lauryn
& her hubby Michael Bosstick
where they interview experts
and talk about everything
from wellness tips to
business advice to

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traditionally taboo topics
and so, so much more.

**Lauryn Evarts from The
Skinny Confidential - Deepa
Berar**

Lauryn Evarts Bosstick is
the creator of the blog,

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book and podcast The Skinny Confidential. It represents the movers, the shakers, and the ones who, without a doubt, want to be the best damn version of themselves. The Skinny Confidential is about living your best life

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with kale in one hand and
champagne in the other.

**The Skinny Confidential Body
Guide – TSCbodyguide**

Granted, the founder of The
Skinny Confidential and host
of The Skinny Confidential

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Him & Her podcast is new to this whole parenting game, having just welcomed daughter Zaza with husband Michael...

**Attention Parents: The
Skinny Confidential's Lauryn**

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**What It's Like To Be My
Mentee**

[INTERVIEW] Lauryn Evarts of
The Skinny Confidential
February 21, 2019 Many years
ago, before I started
bryjaimea.com, I used to

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spend lazy Saturday mornings wearing fancy kimono's, reading blogs, all whilst drinking copious amounts of green tea.

**[INTERVIEW] Lauryn Evarts of
The Skinny Confidential ...**

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Lauryn Evarts Bosstick has turned her passion for beauty, wellness and no-censor advice into one of the most distinctive blogs online today, The Skinny Confidential. Blogger, author, OG influencer, top

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podcaster, entrepreneur,
mother, and unapologetic
digital queen are just a few
of her titles.

Lauryn Evarts

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Evarts Bosstick is the
entrepreneur & creator
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women and men trying to live

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their best lives by sharing wellness, business, beauty, & lifestyle tips. Michael Bosstick is a serial entrepreneur and brand builder as well as the Co-Founder and CEO of the Dear Media Podcast Network.

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For anyone in the
blogosphere or podcast
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household name. She's one of the world's greatest digital influencers – dishing tips on lifestyle, beauty, diet, hair and entrepreneurial hacks. She is the best friend you always wanted – who'll tell you where she

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got that vintage tee, how
she got her teeth so white –
and what she really thinks
of your guy.

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