

# **I am the W(B)itch - A book for the modern intelligent girl**

From the series BEL - Books© for Easy Living

Irina Bjørnø, Ph.D.

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*Personal text editor: [Ms. Jeanne Richardson](#), Bay St. Louis MS, USA*

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Preface



All modern books written about self-development and self-help for modern women developed around one main idea: how to make you more beautiful, lovely, happy, and positive. In spite of the thousands of books written about positive thinking, right diets, fitness exercises the world around us is booming with female problems: physical (weight, health), mental (anger, sexual frustrations) and psychological (low self esteem, anorexia, unhappiness). Why is this? It happens because positive methods concentrate only on your positive side and does not respect your real nature, which is always dual. You know that you are both: angel and devil, sleeping beauty and bitch. Until you can be the perfect bitch and recognise these qualities inside you, you cannot become a little mermaid.

Life made you a bitch. Your parents, school, and family – they all contributed to this task. How can you be a little mermaid in our modern, mad and man chauvinistic society? No way! You are as you are! Do not be ashamed of yourself!

What is absolutely most important is that in every situation you feel that you are yourself, you are natural, you are spontaneous and creative, and you are happy with your choice.

Positive methods sometime give you a false "positive image". It is a mask, which people use on the surface – smiling, positive, sweet, with daily affirmations "I am an angel".



You know that some times such roles or mask are too sweet. You absolutely do not enjoy your "angel" image as much as you enjoyed your old "bitch" role before – that is the problem. You cannot relax in your very sweet new image in all of the everyday situations life creates. This is not your own creation – someone told you that a positive image is good for girls. But this creates a conflict inside you. Deep inside you are the "bitch" and you like it. Very deep inside, you enjoy being the bitch. Inside, skin deep, you are the murder, sexual maniac, kleptomaniac and shopaholic. Outside your facade is the false no-wind weather, inside you are a tropical hurricane. It is OK. You ARE the bitch. Relax and enjoy it.

I will guide you on how to become the perfect bitch in our chaotic, hectic and man-mad everyday modern life, and have no conflicts with your self. How can I do it? It is because I am a beautiful, clever bitch myself, and I enjoy my life, my world and myself. I will share my secrets with you, my friend. I cannot teach you anything – you need to develop your own expertise to be the perfect bitch, but I will tell you about the methods which are working for me. You can adopt some of them, and then develop your own methods.

This book is very practical and easy (as all [Belbooks](#) are). It is the perfect start to creating a new chapter in your life – and you will enjoy it!

Here are the issues, which we will be discussing together with you in this book:

1. **Who is the bitch?**
2. **My bitch History**
3. **How the bitch should make her decisions.**
4. **Morning practices for bitches**
5. **Physical Exercises for the excellence of the bitch**
6. **Perfect diet for the perfect bitch**
7. **Small everyday secrets of the beautiful bitch**
8. **7 tricks for a good witch to make a good day out of a bad one.**
9. **Evening rituals for the modern bitch**
10. **The Sexy bitch**
11. **The Clever bitch**
12. **Next generation of bitches – make the secrets available for the next generation as a part of your heritage**
13. **Extra (lucky bitch number): Bitch and her death**

I devote this book to all the beautiful and clever women of the World! My inspiration came especially from knowing the witches from my own family: my grand-grand mother Maria, my granny Alexandra, my mom Luisa. But, also, I am very grateful and proud that I know several bitches of 20<sup>th</sup> century such as Karen Blixen a Danish writer, Frida Kalo, Georgia O’Keeffe, Madonna an American singer who is my age. Their personal histories inspired me to write this book.