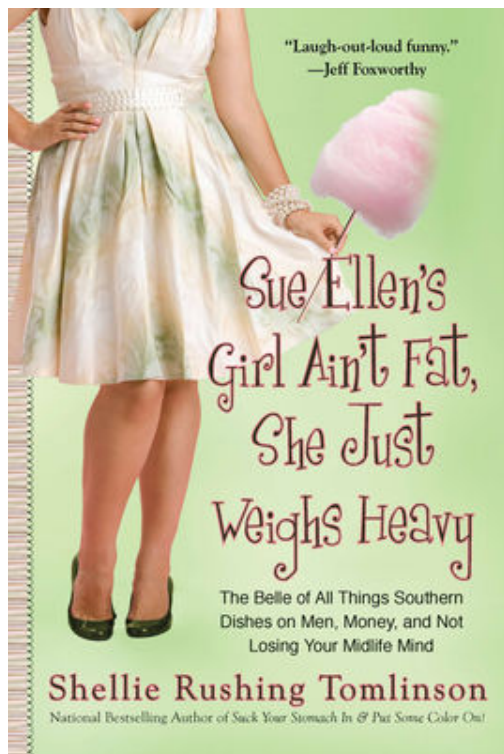


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The bestselling author of *Suck Your Stomach In & Put Some Color On!* returns with more helpful how-to's and keen observations from Dixie.

Guided by principles from the ancient Belle Doctrine, the host of radio and television's *All Things Southern* offers down-home advice on everything from health and fitness-managing thy caloric calculations without going Straight Running Crazy and surviving the Raging Inferno Syndrome (aka hot flashes)-to the Southern art of handling your man (Bubba Whispering). Whether giving business tips or debunking the Big Boned Theory, making political observations or celebrating the inevitable resurgence of big hair, Shellie is an adviser women can relate to and laugh with regardless of their age or which side of the Mason-Dixon they call home.

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