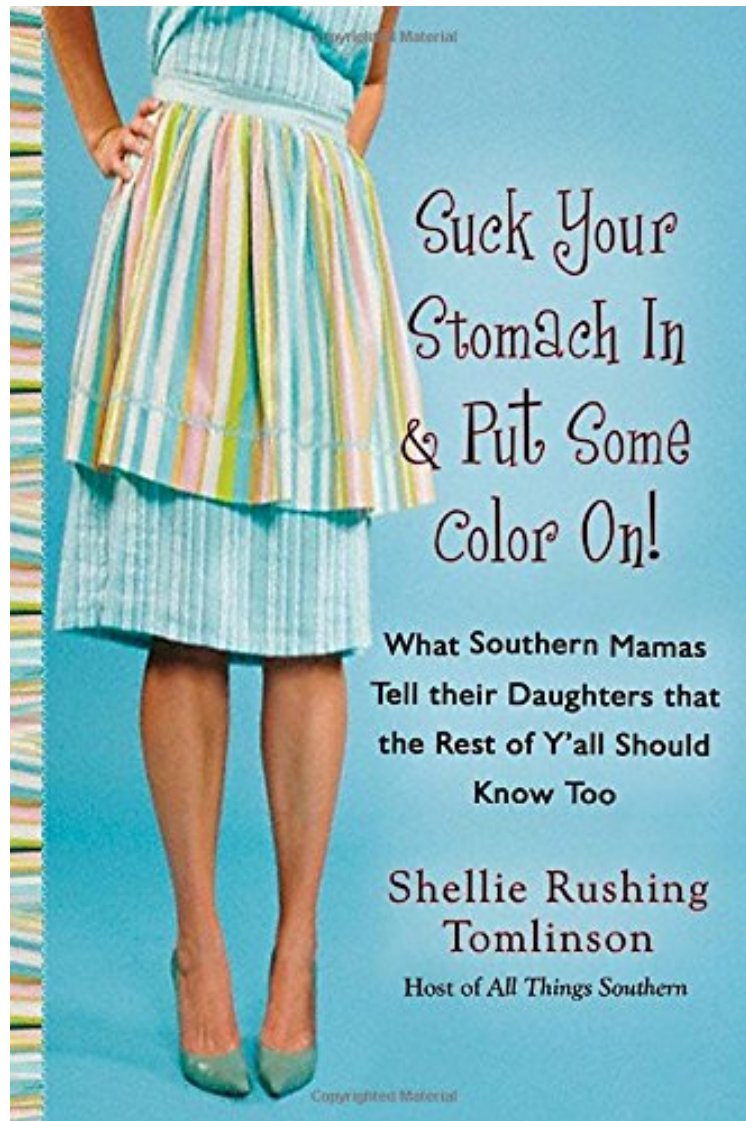


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## **Suck Your Stomach in and Put Some Color On!: What Southern Mamas Tell Their Daughters that the Rest of Y'all Should Know Too**

*Shellie Rushing Tomlinson*

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would be worth my time, and all praised *Suck Your Stomach in and Put Some Color On!: What Southern Mamas Tell Their Daughters that the Rest of Y'all Should Know Too*:

2 of 2 people found the following review helpful. Sitting in the front porch  
By Charis SanchezShellie took me back home with her wonderful recounts of Southernisms. Although I grew up in the same generation as her daughter, many of those Southern sayings stand the test of time. She is witty, charming, and wise. A true Southern Belle who makes you feel just as welcome in her book as she would her home. The recipes at the end of each chapter are just icing on the cake.  
0 of 0 people found the following review helpful. I am not southern but this book was recommended to me by a southern friend  
By KathyI am not southern but this book was recommended to me by a southern friend. I laughed out loud. A lot of things that belles were told by their southern mamas had been told to me by my Italian mama.  
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By Nanny to 3funny

The host of *All Things Southern* shares the sass and strength of Southern mamas in this spunky guide to life. In this humorous handbook, Shellie Rushing Tomlinson, host of *All Things Southern*, reveals the all-important lessons Southern Mamas teach their daughters. Readers will discover why blue eye shadow is trashy and learn to interpret regional dialect like the Southern Mama APB, a bulletin translated on Southern streets as: "Give your heart to Jesus, girl, because your butt is all mine!?" Shellie carefully breaks down the teachings behind those famous manners and social graces through her firsthand observations and dry wit. Here's everything you need to know from how to cope with the unexpected, compete in the Mr. Right Game Show, and raise children?to how to keep that marriage knot tied tight over time. Woven with quotes from real Southern Mamas and sprinkled with recipes and other Southern secrets, this book's a bona-fide celebration of all things south of the Mason-Dixon Line.

About the AuthorShellie Rushing Tomlinson is the author of the award-winning nonfiction humor titles *Suck Your Stomach In and Put Some Color On* and *Sue Ellen's Girl Ain't Fat, She Just Weighs Heavy!* She is a popular blogger and speaker, and the host of the radio program *All Things Southern LIVE*. Tomlinson loves sharing humor and hope with audiences across the country. She and her husband have two grown children. They live and farm in Louisiana.