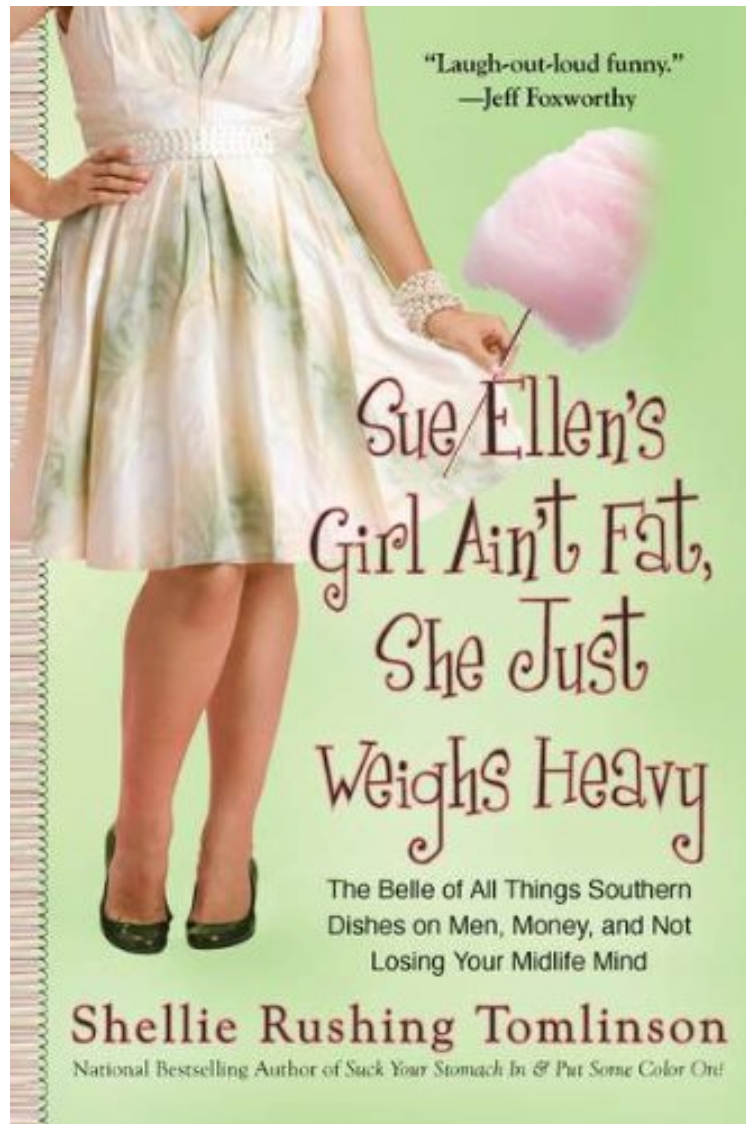


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Sue Ellen's Girl Ain't Fat, She Just Weighs Heavy: The Belle of All Things Southern Dishes on Men, Money, and Not Losing Your Midlife Mind

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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.

I'm here to tell you that Shellie Rushing Tomlinson is laugh out loud funny. For anyone who has an ounce of Southern blood flowing through their veins or those that wish they did, this book is going to be a treasure! --Jeff FoxworthyAbout 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.