



# **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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**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?e 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?e a bona-fide celebration of all things south of the Mason-Dixon Line.



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