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Shannon Cutts: Beauty Undressed



Beauty Undressed takes participants on a compelling and powerful journey through our media-driven culture to the core fundamental issues that are contributing to the rise of eating and mood disorders, low self-esteem, and poor body image among students.

Shannon challenges us to continually remember that Relationships Replace Eating Disorders. Together, Shannon, Key to Life and YOU are 'bringing healthy back' into our homes, our schools, our communities, and our world! Shannon is a speaker, recording artist, songwriter, writer, multi-instrumentalist and mentor. She is also and most importantly a SURVIVOR.

After a fifteen year battle with anorexia, bulimia, depression and anxiety disorder, Shannon began giving motivational, inspirational concerts as a way to offer hope to others who were hurting. Soon her audiences began to ask for the stories behind her songs. It wasn't long before Shannon was being invited to share her powerful, triumphant story of recovery, and the how-to's behind it, as a full-fledged motivational speaker.

Now, through her many Key to Life: unlocking the door to hope programs, Shannon regularly addresses groups of medical students, clinicians, educators, youth, college students, parents, women and communities, offering insight into what it takes and what kind of support is needed to overcome life's challenges with courage, wisdom and strength.

Key to Life offers a set of programs created by motivational speaker and performing songwriter Shannon Cutts. Shannon is known as a compassionate and charismatic advocate of our right to feel good about ourselves, our bodies and our lives. Reaching out to students, youth, parents, educators, healthcare professionals, and communities, Shannon's unique and powerful programs bring personal transformation and life fulfillment into sharp and exciting focus

Shannon also serves as a life coach, mentor and support group facilitator for youth and women who need the guidance and support of someone who has been there and knows each step of the journey from the inside out.

Shannon's life work is dedicated to giving those who need it most the courage and inspiration to see in her amazing story of recovery that HEALING IS POSSIBLE. She truly believes that IF SHE CAN DO IT, YOU CAN TOO!
