

# Key To Life

*unlocking the door to hope*

## *Bio for SHANNON CUTTS*



**Shannon Cutts** is known as a compassionate and charismatic advocate of our right to feel good about ourselves, our bodies and our lives. As a popular college circuit and conference speaker, writer and award-winning songwriter, she uses stories and songs to bring hope to those who need it most. As the Founder of *Key to Life: unlocking the door to hope*, Shannon is active in leading support communities for those recovering from eating and related disorders. She is currently in the process of completing her first book. Visit [www.key-to-life.com](http://www.key-to-life.com) for more information about Shannon, her music and *Key to Life*.