

Shannon Cutts. Author. Speaker. Singer-Songwriter.

Beauty Undressed

"Beauty Undressed" is not your ordinary eating disorders event.

In fact, it is not really about eating disorders at all, but about how we as individuals and as a culture view and express beauty in the course of our everyday lives.

Eating disorders are serious bio-psycho-social illnesses that are estimated to affect up to 10% of the population. However, nearly 100% of the population (**that is, us**) struggles with unhealthy eating habits, body shame, and insecurity whenever we look in a mirror.



This is why "Beauty Undressed" is a program for all of us.

With "Beauty Undressed", teens and adults, women and men, students and staff come together around one of the centralizing issues of our culture today:

Beauty. What is it? Who has it? Who decides?

Shannon was fabulous! Articulate, appropriately humorous and real. Students' hands were flying up in the air for questions repeatedly through her talk – a talk about eating disorders but not. She planted seeds for thought and served as a resource for participants. If given the opportunity, Scottsdale Community College would certainly bring her back. -Becky Bradley, Scottsdale Community College

I just wanted to thank you again for coming to our campus. I truly believe that everyone was able to take some meaningful message away with them, whether they experienced or are experiencing an eating disorder, or whether they had little knowledge of eating disorders. Your focus on positive body image was inspiring - thanks again - we really appreciate it! -Jessica Hassinger, Active Minds, Dickinson College



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