

Shannon Cutts. Author. Speaker. Singer-Songwriter.



Shannon Cutts survived a 15-year battle with an eating disorder to become an internationally-known advocate for the value **peer mentoring** adds to the eating disorders recovery process.

As founder of **MentorCONNECT**, the first global eating disorders mentoring organization, and author of *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*, Shannon's work is now being recognized for its **pioneering impact** in the field.

I think that you are bringing something into the field that can make a huge difference and eventually, having a Mentor before discharge will be like having a sponsor in Alcoholics Anonymous. -**Wendy Oliver-Pyatt, M.D. FAED, CEDS, Founder of Oliver-Pyatt Centers**

MentorCONNECT is a positive and powerful way for individuals to support each other when they feel no one else in the world could possibly care. I congratulate Shannon for all of her hard work in bringing the eating disorders community together and helping people not only to hear the words "you are not alone," but to experience that truth for themselves. -**Kirsten Haglund, Miss America 2008**



Shannon's work has most recently been profiled in *Glamour* and *Woman's Day* magazines. She is a popular invited speaker at college campuses and conferences, including recent presentations for the Binge Eating Disorder Association (BEDA), the Renfrew Foundation, and the International Association of Eating Disorders Professionals (iaedp). She is also a frequent contributor to *The Huffington Post*, *PsychCentral.com*, *Eating Disorders Recovery Today*, and *Bulimia.com* on the subject of mentoring for eating disorders recovery.

Shannon travels the country to promote MentorCONNECT's message that "relationships replace eating disorders". Working tirelessly as a speaker, writer, and most importantly a mentor, Shannon reaches out to those who are hurting, and to those who can help, to bring whole communities together.

As best-selling author and Dove Self-Esteem Ambassador [Jess Weiner](#) says in the forward to *Beating Ana*:

Shannon Cutts's 'Beating Ana' will not only move you, it will become a necessary inspiration in your life and help you realize that you can indeed rewrite your own story of recovery from an eating disorder.

In her free time, Shannon continues to rewrite her own recovery story by enjoying all of the gifts recovery brings, including spending time with family and friends, taking chirping lessons from her pet bird Pearl, soaking up the beauty of nature, listening to STING (and trying to find a way to meet him), and taking extra-special care of her body, mind, heart, and spirit.

