

BIO for Shannon Cutts

Shannon Cutts is the author of ***Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*** (Health Communications, Inc.) and the founder/director of ***Key to Life: unlocking the door to hope*** and **MentorCONNECT**, the very first global online mentoring community created specifically to provide quality free one-on-one mentoring matches and group support for those in recovery from eating disorders. She is also the co-editor/CD producer of *You Are Not Alone, Vol. 2: The Book of Companionship for Women With Eating Disorders* (April Dew Publishing). Shannon is a survivor of a fifteen-year battle with anorexia and bulimia, and a frequent writer, speaker and blogger on the subject of mentoring and eating disorders recovery for *Gurze Books*, the *Huffington Post*, the *Feel Better Network*, and others. Visit her at www.key-to-life.com