

# SHUT UP, SKINNY BITCHES!

A woman with long, straight, light pink hair and a matching full beard is lying on her back. Her mouth is wide open in a playful or shouting expression. She is holding a thick slice of grapefruit above her head with both hands. She is wearing a black bikini top. The background is plain white.

The common sense  
guide to following  
your hunger and  
your heart

**Maria Rago PhD**

# *Shut Up, **Skinny** Bitches!*

## *The Common Sense Guide to Following Your Hunger & Your Heart*



**Diets don't work.** Yet, millions of people struggle with dieting every year—some, their entire lives. Worse, they're pressured to look a certain way and be a certain size. "Skinny," they're told, is "in." And, only when they are skinny, will they fit in, be accepted, loved and have all of their dreams come true.

Shut up to that. **Skinny is not the cure. Thin is not in.**

Shut Up, Skinny Bitches! offers a **fresh, revolutionary yet common sense approach to the relationship people have with food and their bodies.** It debunks dieting myths found in modern culture, exposes the little-known facts on dieting, eating disorders and body image disorders, and takes a stand for anybody that has repeatedly restricted food consumption and/or been teased about their size or weight.

In a bold, compassionate program, based on extensive research, Dr. Rago reveals how listening to natural hunger and fullness cues, eating cherished foods and honoring oneself can be the best nutrition of all. Shut Up, Skinny Bitches! **encourages the audience to appreciate the size they are—any size they are—** and guides career dieters and others struggling with food and body image issues down a new path that is soulfully delicious.

**Maria Rago, Ph.D.** is a psychologist and the clinical director of Eating Disorders Services at Linden Oaks Hospital at Edwards. She is president of Rago & Associates Counseling Services in Naperville, IL, and serves on the Board of Directors of ANAD (Anorexia Nervosa and Associated Disorders). Coca Cola, movie popcorn (with butter, of course), and cheeseburgers rank as her favorite foods.



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