

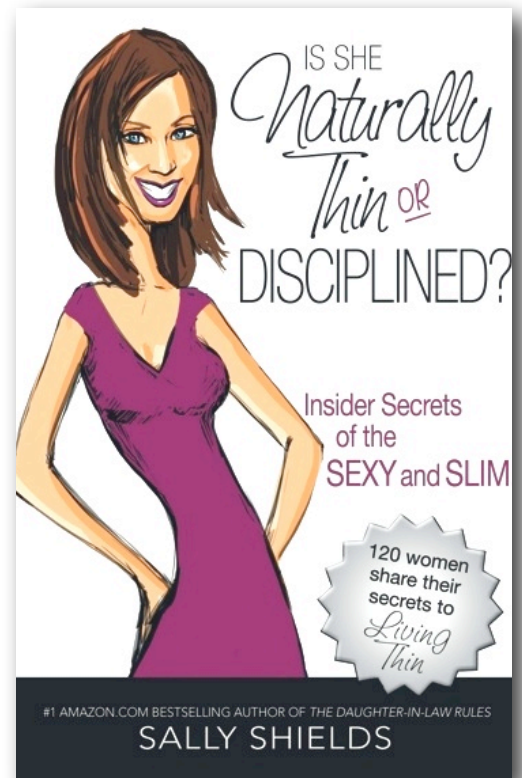
Is She Naturally Thin, or Disciplined? *Insider Secrets of the Sexy and Slim*

By Sally Shields

Sally Shields set out to uncover some answers as to offer inspiration to those in need of a strategy. Each candidly sharing their personal story, these 101 contributors range from women who were born with the coveted thin gene to those who have struggled to figure out exactly what it takes to maintain their slim figures, *Naturally Thin or Discipline?* shows us that it is possible to look and feel great no matter what your age, size or body-type.

About the Author

(New York, NY) Sally Shields is an award-winning pianist, composer, speaker, author and radio personality. Co-host of the exciting new BlogTalkRadio show, "Blurb!" Shields is a frequent contributor to various magazines, and has been featured in *Star Magazine*, *Obvious*, *My Day*, *Girlfriendz*, *For the Bride* and many others. Endorsed by Dr. Laura Schlessinger and Martha Stewart, she has appeared on *Fox & Friends*, *Rachel Ray*, *Tyra* and the *Daily Buzz* with her #1 Amazon.com bestseller, *THE DAUGHTER-IN-LAW RULES!* A marketing coach at *Outskirts Press*, she has also penned, *PUBLICITY SECRETS REVEALED: What Every PR Firm Doesn't Want you to Know* and *The Collaborator Rules: 101 Surefire Ways to Stay Friends with Your Co-Author!* While not traveling and speaking, she lives at home in New York City with her husband and two children.



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