



Grits (Girls Raised in the South) Guide to Life

Deborah Ford

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They're called Sweet Potato Queens, Steel Magnolias, Ya-Ya Sisters, and Southern Belles, but at heart they're just plain Grits—Girls Raised in the South!

Now, Deborah Ford, founder of Grits® Inc., reveals the code behind the distinctive -and irresistible-style of the Southern woman. Equal parts sweet sincerity and sharp, sly humor, **The Grits Guide to Life** is chock-full of Southern charm: advice, true-life stories from honest-to-god "Grits," recipes, humor, quotable wisdom, and more. Readers will learn vital lessons, including: how to eat a watermelon in a sundress; how to drink like a Southern lady (sip...a lot); and the real meaning of PMS (Precious Mood Southerner).

This charming book is destined to become a bible for the Southern girl-whether born and bred, expatriated, or adoptive-and her many admirers.

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