

# [PDF] Grits (Girls Raised In The South) Guide To Life

Deborah Ford - pdf download free book

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**Books Details:**

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Author: Deborah Ford  
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**Description:**

**From Publishers Weekly** GRITS (Girls Raised In The South) authors Ford and Hand maintain their down-home primer reveals "everything you need to be the beautiful belle you've always wanted to be." No matter where you're from, becoming a Grits girl requires daily practice, as well as an understanding of the basic ingredients of Grits life: style, grace, poise, manners and kindness. To this end, the authors offer "practical" instructions on setting the perfect table, recycling bridesmaid's dresses into tree skirts, sending thank-you notes and speaking like a Southerner (add

syllables whenever possible). Quotes, trivia, recipes (including Dolly Parton's Favorite Meatloaf and Sun Tea, "The House Wine of the South") and knee-slapping Grits Pearls of Wisdom such as, "If you can be ready to go in less than thirty minutes, you probably shouldn't be leaving the house at all!" round out each chapter, making this handbook a welcome-and entertaining-addition to anyone aspiring to capture the unique essence of Southern women.

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### **About the Author**

Deborah Ford is the founder of Grits, Inc., a merchandising company specializing in women's apparel. In 1995, Ford—then a high school volleyball coach in Alabama—began printing T-shirts emblazoned with "Girls Raised in the South" to inspire her players. The response she received was so overwhelming that she quit her teaching job and took her products to an apparel trade show. Her multimillion-dollar business sells GRITS books and merchandise world-wide to Southerners and wannabe Southerners. Her first book, *The GRITS Guide to Life*, was a *New York Times* Bestseller and SEBA Award winner, and spurred the series of lifestyle books that include *GRITS Friends Are Forevah* and *Puttin' on the GRITS*.

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