

# Pauline Campos

Eagan, MN  
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Authorized to work in the US for any employer

## WORK EXPERIENCE

### **Freelance Writer and Editor**

Eagan, MN - February 2012 to Present

Bylines have appeared on MarieClaire.com, The Washington Post, TheFix.com, TIME.com, and many others. Reported features and personal essays.

### **"Dimelo" (Tell Me About It) relationship advice columnist**

Latina Media Ventures (Latina Magazine) - New York, NY - March 2012 to October 2016

Answered reader questions about love, sex, relationships, self-love, and more for weekly digital column and monthly print column to an audience of 4.5 million readers.

### **Editorial Assistant**

The Detroit News - Detroit, MI - March 2003 to March 2007

Editorial Assistant duties: assisting in newspaper library, answering calls for reporters on lunch or out covering stories, monitoring digital forums. Also wrote features for the now-defunct Neighborhood News section when my regular responsibilities were completed.

### **Reporter**

The Northville Record - Northville, MI - February 2003 to May 2003

Beat reporter for cops & courts, new business, city government, and features. Byline was listed as Pauline Lupercio.

### **City Editor**

The Mirror of Berkley & Huntington Woods - Royal Oak, MI - May 2002 to January 2003

Responsible for new business coverage, features, assigning photographer for page one photo, assigning interns and editing columnists. Covered city government, cops & courts. Wrote seven stories per week along with police beat, edited content for each week's newspaper, and dummied with graphics team to ensure each page's jumps matched, trimmed stories as needed to allow for ad space, and worked with local businesses twice a year for scheduled advertorials with copy approved by clients prior to publication.

## EDUCATION

### **Bachelor's in Communications with Journalism concentration**

University of Detroit Mercy - Detroit, MI  
August 1996 to July 2002

## LINKS

<http://www.aspiringmama.com>

<http://www.facebook.com/paulinemcampos>

[http://www.instagram.com/pauline\\_campos](http://www.instagram.com/pauline_campos)

[http://www.twitter.com/pauline\\_campos](http://www.twitter.com/pauline_campos)

## PUBLICATIONS

### **SheKnows.com**

<http://www.sheknows.com/parenting/articles/1132681/inner-peace-on-the-yoga-mat-with-toddler>

March 2017

How I Found Inner Peace on the Yoga Mat with my Toddler. Hint: I had to let go of expectations and live in the moment, just like my kiddo.

### **YourTango.com**

<http://www.yourtango.com/2016290711/its-time-to-stop-shaming-victims-show-empathy-instead>

June 2016

It's Time to Stop Blaming and Shaming the Victims of Tragic Events. Essay/commentary on Gorilla Mom and the Disney Gator attack that left a child dead.

### **SheKnows.com**

<http://www.sheknows.com/health-and-wellness/articles/1132434/bulimia-recovery-protecting-my-daughter>

March 2017

Why My Bulimia Recovery Involves Protecting My Daughter. Essay/commentary discussing my personal experience and why I am doing everything in my power to ensure my daughter escapes the cycle.

### **TheFix.com**

<https://www.thefix.com/mexican-maine-responds-governor-lepage>

September 2016

A Mexican-American in Maine Responds to Governor LePage. Essay/commentary on the governor's statements blaming Latinos and African-Americans for the state's drug epidemic.

### **MarieClaire.com**

<http://www.marieclaire.com/health-fitness/features/a23381/binge-eating-bulimia-recovery/>

November 2016

Confessions of a Non-Practicing Bulimic: What it's Like to Binge Eat and Only \*Think About Throwing Up". Essay/Commentary on the ironic recovery journey for those with eating disorders. Food is required to live, but it's a daily trigger and reminder of how far we can fall.

### **TIME.com**

<http://time.com/4459507/body-shaming-donald-trump/>

August 2016

Naked Donald Trump Statues are Offensive. Opinion/Op-Ed. Body shaming the shame only turns us into the new abuser.

### **The Washington Post (Solo-ish)**

[https://www.washingtonpost.com/news/soloish/wp/2016/09/15/thanks-for-your-concern-but-im-not-a-battered-woman/?utm\\_term=.d7925d7909a4](https://www.washingtonpost.com/news/soloish/wp/2016/09/15/thanks-for-your-concern-but-im-not-a-battered-woman/?utm_term=.d7925d7909a4)

September 2016

Thanks for Your Concern, but I'm Not a Battered Woman. Essay: Being an author and speaker and showing up with a face full of open wounds no amount of makeup can cover means strangers assume you are running from your abuser.

**TIME.com**

<http://motto.time.com/4466639/stanford-rape-culture-alcohol-ban/>

August 2016

Stanford' Alcohol Ban Doesn't Change Rape Culture. Op/Ed. Ban all the alcohol, but we still have a problem to deal with and the solution is not to ban all the alcohol.

**SheKnows.com**

<http://www.sheknows.com/living/articles/1123577/i-didnt-know-i-was-raped-so-i-kept-silent-brock-turner-convinced-me-to-speak-up>

June 2016

I Didn't Know if I was Raped; Brock Turner Convinced Me to Speak Up. Essay: Shame is internalized, even when the victim's drink was likely drugged. No memory of that night almost makes it worse.

**ScaryMommy.com**

<http://www.scarymommy.com/5-body-image-related-reasons-puberty-has-me-running-scared/>

October 2015

Five Body-Image Related Reasons Puberty Has Me Running Scared. Essay/Commentary. My daughter is nine and confident. At her age I was already hiding in the pantry to binge, even though I didn't have a word for it.

**SheKnows.com**

<http://www.sheknows.com/community/living/What-I-Learned-Diverse-Toys-From-Buying-Star-Wars-Rey-Dolls>

April 2016

What I Learned About Diversity from Buying all The Rey Dolls. Commentary: Living in Amish Country meant two hour drives to the good movie theater to see the new Star Wars flick, but the plus side was that no one else was looking for the elusive Star Wars Rey doll.

**YourTango.com**

<http://www.sheknows.com/community/living/What-I-Learned-Diverse-Toys-From-Buying-Star-Wars-Rey-Dolls>

March 2016

My Daughter and I Learned Self-Esteem by Posing Nearly Nude. Essay: We took part in a respected and award-winning photography project called The Fourth Trimester Bodies Project. I wanted to turn back, but I had a child who sees nothing wrong with her mother's body to face if I didn't stay.

**TheFix.com**

<https://www.thefix.com/day-life-compulsive-skin-picker>

March 2017

A Day in the Life of a Compulsive Skin Picker. Essay: It's not a sexy problem to have. A day in the life, plus facts on why dermatillomania is a problem e need to be talking about.

**Latina Magazine**

<http://www.latina.com/tag/pauline-campos>

January 2012

Link to all of my archived digital columns for the "Dimelo" (Tell Me About It) relationship advice column with a 4.5 million readership (combined with print).

**TheFix.com**

<https://www.thefix.com/her-tomorrows-how-eating-disorder-recovery-affects-daughter>

March 2017

How My Eating Disorder Recovery Affects My Daughter. Essay: I'm not the only one paying attention. What I say, she internalizes. What I do and how I treat my body, she may one day emulate. This is what I remind myself of every day.

### **TheMighty.com**

<https://themighty.com/2016/05/excerpt-from-pauline-campos-upcoming-book-on-raising-wonder-woman/>

April 2015

Because I Once Wanted to Die, I am Grateful to Live. Essay: Suicide attempt survivor and how my past makes me grateful for my todays.

### **GoodMenProject.com**

<https://goodmenproject.com/featured-content/luck-o-mirish-jrmk/>

March 2016

The Luck O' the Irish. Editorial. Mexico celebrates its own Saint Patrick's Day to honor the brave San Patricios -the brave men that deserted the American forces and fought for Mexico. Being Mirish is a point of pride for the many who share this unique dual ancestry, including my husband and daughter.

### **VProudTV.com**

<http://blog.vproud.tv/2015/12/this-is-how-to-be-body-positive-mom.html>

November 2015

This is How to Be a Body-Positive Mom. Essay: Why I called my book Babyfat: Adventures in Motherhood, Muffin Tops, & Trying to Stay Sane, and how I explained it to my daughter when she asked.

### **The Manifest-Station**

<http://themanifeststation.net/tag/pauline-campos/>

September 2016

The Bit that Matter. Essay: Maybe it's easier to leave out the bits that make you queasy to think about leaving in; personal essays are so revealing. But it's the bits that matter that need to stay. I share why in this essay.

### **ADDITIONAL INFORMATION**

Author of the Amazon Best-Selling BabyFat: Adventures in Motherhood, Muffin Tops, & Trying to Stay Sane (2015), and Be Your Own F\*cking Sunshine: An Inspirational Journal for People Who Like to Swear (2016)