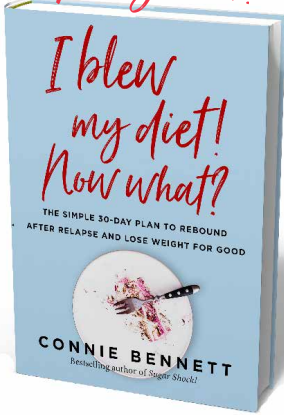




# Connie Bennett

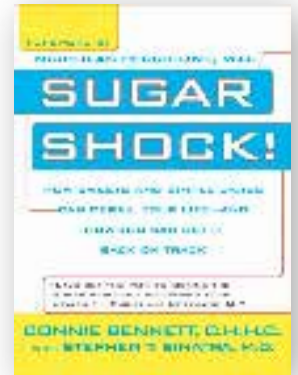
**FORMER SUGAR-ADDICTED JOURNALIST HELPS AUDIENCES REBOUND AFTER RELAPSE™**

Coming Spring 2019!



**The Problem:** About 65 percent of your audience blow their diets and overeat toxic sweets or *carbage* (carb garbage) when stressed, depressed or anxious. After a huge loss (death of a loved one, a divorce, etc.), Heartbreak Bingeing™ can last weeks, months or years and trigger weight gain, obesity, cancer, heart attacks and other dangerous diseases.

**The Solution:** Give your fans hope, humor and practical help by interviewing the inspiring, charismatic, former-sugar-addicted journalist Connie Bennett, the bestselling author of *Sugar Shock* (Berkley Books) and *Beyond Sugar Shock* (Hay House). A pioneer in the sugar-education movement, Connie is a frequent media interviewee (“CBS News Sunday Morning,” *TIME*, etc.); motivating speaker; popular blogger; certified health coach; life coach; and host of two podcasts. Her next book is *I blew my diet! Now what? The Simple 30-Day Plan to Rebound After Relapse and Lose Weight for Good* (Spring 2019).



**Connie Knows Your Audience's Pain:** Like your fans, Connie knows the pain of feeling trapped in a frustrating binge-weight-gain cycle. After her mother's death in 2012, the health expert was pounced on by Crazy Carb Cravings, which led to countless Heartbreak Bingeing™ benders and made her pack on 21 pounds. But her repeated “failures” lit a journalistic fire under Connie, and she discovered many FEPPP (Fast, Easy, Proven, Powerful, Portable™) Tools, which now can help your audience Rebound After Relapse™, Make Peace with Willy Sweets™, and Turn Diet Setbacks into Winning Success™.



## MOST POPULAR TOPICS

- 3 Ways to Break Away from Weight-Gain Shame™
- How to Flip On Your Willpower Switch™
- 3 Ways to Be a Dieting Success
- 5 Reasons You Blew Your Diet
- The Big Popcorn Fallacy™
- 3 Ways Food Labels Dupe You
- How Carbs Make you Stupid, Cranky and Unproductive

## KUDOS FOR CONNIE

*“The lines were jammed for the entire show.”*  
—NIKI GULUCHI, KPFK Radio, Los Angeles

*“Connie is Personable with a capital ‘P’. She is a phenomenal interview.”*  
—BOB SALTER, WFAN, New York City

*“Connie’s got the energy needed to jump right off of the dial!”*  
—MICHAEL PATRICK SHIELDS, host of “Michigan’s BIG Show”



**BOOK  
CONNIE TODAY!**

[Connie@ConnieB.com](mailto:Connie@ConnieB.com)  
[www.ConnieB.com](http://www.ConnieB.com)

Available for last-minute interviews