



Connie Bennett

**AMIALE, ARTICULATE, COMPASSIONATE EXPERTS
SOUGHT FOR THE I BLEW MY DIET! NOW WHAT? PODCAST**

Are you a recognized expert, thought leader or bestselling author, who wants to serve your current fans and expand your audience reach?

If so, Connie Bennett—an experienced podcaster (host of *Gab with the Gurus* since 2007), accomplished journalist, and bestselling author (*Sugar Shock* and *Beyond Sugar Shock*)—wants to interview you for her new *I blew my diet! Now what? Podcast*.

About The **I blew my diet!** **Now what? Podcast**



This podcast—which launches soon, in concert with Connie's next book, *I blew my diet! Now what?* (Spring 2019)—will feature 20-to-30-minute interviews with compelling experts in willpower, weight loss, vulnerability, personal empowerment, motivation, etc.

In addition, on what Connie calls Start-Again Monday™, The Rebound-After-Relapse Expert™ will share short, motivating, action-based tips.

Podcast Goals: To educate, motivate and encourage overwhelmed, obese, stressed out, overweight or slim fans, who've blown their diets and are self-soothing with unhealthy, sugary, salty, fatty, flour-filled, processed snacks and “fake foods.” As a guest, you'd compassionately share eye-opening insights about weight loss and FEPPP (Fast, Easy, Proven, Powerful, Portable) Tools™ to help frustrated audiences Claim Willpower and Rebound After Relapse™.

Previous Guest List (Partial)

- Dr. Mehmet Oz
- “Grandfather of Fitness” Jack LaLanne
- Dr. Mark Hyman
- Dr. David Perlmutter (*Grain Brain*)
- Montel Williams
- Marianne Williamson
- JJ Virgin
- John Assaraf (*The Secret*)
- “Skinny Bitch” Kim Barnouin
- Journalist Gary Taubes (*Why We Get Fat*)
- Happiness expert Gretchen Rubin
- “The Flylady” Marla Cilley
- Zumba founder Alberto “Beto” Perez
- Actress and author Lisa Rinna
- “Goals Guy” Gary Ryan Blair
- ... And many more

Experts Sought In:

- Addiction
- Compassion
- Courage
- Divorce
- Grief
- Health
- Personal Empowerment
- Relationships
- Success
- Vulnerability
- Weight Loss
- Willpower

TO GET BOOKED:

Submit your request to:

[http://connieb.com/
how-to-be-a-podcast-guest](http://connieb.com/how-to-be-a-podcast-guest)

www.ConnieB.com