



Connie Bennett

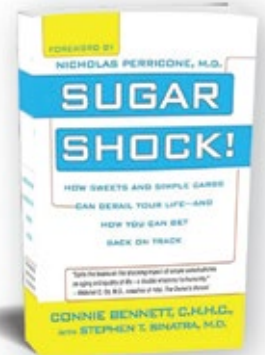
**FORMER CARBS-ADDICTED JOURNALIST HELPS AUDIENCES
BOUNCE BACK BOLDLY™**

Coming
April 25, 2023



The Problem: Every day, more than two-thirds of adults blow their diets and overeat sweets or *carbage* (carb garbage) when stressed, depressed, or distressed. After a loss (divorce, death of a loved one, etc.), Heartbreak Bingeing™ and See-It-Crave-It Gorging™ can last for weeks, months or years. The inevitable result? Weight gain, obesity, cancer, 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,” “Oprah & Friends”, *TIME*, etc.); motivating speaker; popular blogger; certified health coach; life coach; and podcast host. Her next book is *I blew my diet! Now what? Stop Blaming Yourself, Crush Your Cravings & Lose Weight for Good*.



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, 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 FEASTS™ (Fast, Easy, Awesome, Simple, Transportable Strategies), which now can help your audience Rebound After Relapse™, Make Peace with Sweets, and Turn Diet Setbacks into Success.

TIME



CBS NEWS
SUNDAY
MORNING

Women'sHealth

OPRAH
& FRIENDS

CNN

Woman's
World

POPULAR TOPICS

- ☐ Tempted by Sweets? You Don't Need Willpower Instead, Switch on GoalPower™
- ☐ 11 Reasons You Blew Your Diet
- ☐ The “What the Hell” Effect: What It is & How to Beat It
- ☐ 3 Ways to Break Away from Weight-Gain Shame™
- ☐ Stressed? Do The Cortisol Calming Quickie™
- ☐ Want Fast Weight Loss? Watch Out! Intermittent Fasting Can Be Dangerous
- ☐ How *Carbage* (Carb Garbage) Makes You Cranky, Lazy & Stupid!

KUDOS FOR CONNIE

“The lines were jammed for the entire show.”

—NIKI GULUCHI, KPDK 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”

“Connie is funny, well-spoken and easy to ‘grill’ live on air.”

—EMIL CERULLO, Host of “The New You Show,” KLLI, Dallas

**BOOK
CONNIE TODAY!**

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Available for last-minute
interviews

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