## Connie Bennett

Connie Bennett is the charismatic bestselling author of *Sugar Shock!* (Berkley Books), *Beyond Sugar Shock* (Hay House), and *I Blew My Diet! Now What?* The personable Bounce Back Boldly Guide™ is a popular interviewee and contributor to numerous media outlets. Connie is a certified health coach (Institute for Integrative Nutrition), life coach (iPEC), DreamBuilder Coach (Brave Thinking Institute), and a practitioner of EFT or the Emotional Freedom Technique (EFT Universe).

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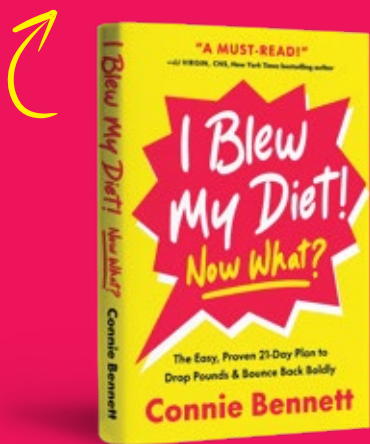
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Available for last-minute interviews.

www.connieb.com

WHY DO MILLIONS OVEREAT JUNK FOODS? HELP YOUR AUDIENCES TAKE BACK THEIR POWER

Every day, about two-thirds of American adults are mindlessly overeating sweets or *carbage* (carb garbage). Former carbohydrates-addicted journalist and bestselling author Connie Bennett has been driven for more than seven years to discover why and when people eat badly and then gain lots of weight and develop various diseases. She is now ready to share her eye-opening findings and help your audiences discover fast, simple, science-backed techniques to make better food choices while out and about in the Junk-Foods Jungle.

POPULAR TOPICS

- **Is Willpower a Myth? What Works Better?**
- **7 Reasons You Blew Your Diet**
- **What is Heartbreak Bingeing™, and How Did You Learn About It?**
- **The "What the Hell" Effect: What Is It, and How Do You Beat It?**
- **What are The Big Four Binge Triggers?**
- **Connie's Fun, Science-Backed Hug-Hum-Rock Relief Process™**
- **A Super-Simple Way to Stay on Track with Any Goal**
- **How to Flip on Your Success Mindset with DDEVA**
- **The Scoop About Popcorn: Is It Healthy?**
- **5 Ways to Break Away from Weight-Gain Shame**
- **Visualization? Foolproof or Folly?**

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, NewYork City