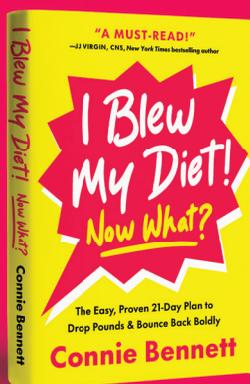




Connie Bennett

Connie Bennett is the charismatic bestselling author of *Sugar Shock!* (Berkley Books), *Beyond Sugar Shock* (Hay House), and *I Blew My Diet! Now What?* (Greenleaf). The Bounce Back Boldly Guide is the founder of National Bounce Back Month (every February), a sought-after transformational speaker, popular podcast guest, former sugar and carbs addict, experienced journalist, contributor to numerous media outlets, certified health coach (Institute for Integrative Nutrition), life coach (iPEC), DreamBuilder Coach (Brave Thinking Institute), a practitioner of EFT (Emotional Freedom Technique), and presenter of the provocative TEDx talk, "How to Tune Out Temptation to Eat Better & Feel Better."

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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 was 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 sharing her eye-opening findings and helping your audiences discover fast, simple, science-backed techniques to make better food choices while out and about in the *Junk-Foods Jungle*.

POPULAR TOPICS

1. Share Your Tale of *Heartbreak Bingeing, Carbage, Shame & Curiosity*
2. The *Big Four Binge Triggers*
3. The # 1 Reason People Eat Badly
4. What is National Bounce Back Month?
5. One in 8 U.S. adults are now taking GLP1 medications like Ozempic or Wegovy. Give these people 3 tips to become healthier.
6. What Works Far Better Than Willpower?
7. What are the 5 Steps to Flip on a Success Mindset?
8. Bounce Back Boldly: What Does That Mean?
9. The FAST™ Process to Get Back on Track
10. Your Fun, Signature, Science-Backed Hug-Hum-Rock Relief Process™

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

