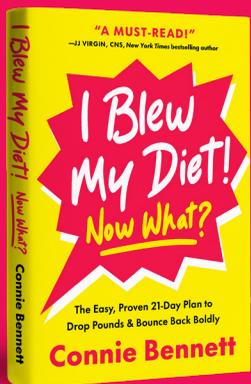# Connie Bennett

Connie Bennett is an in-demand transformational speaker and bestselling author of *I Blew My Diet! Now What?* (Greenleaf), *Sugar Shock!* (Berkley Books), and (Hay House). The entertaining, former carb addict invites people to examine their relationship with junk foods in her TEDx talk, "How to Tune Out Temptation to Eat Better & Feel Better. Bennett is an executive coach, certified health coach, certified DreamBuilder Coach, life coach, EFT (Emotional Freedom Technique) practitioner, journalist, media or podcast guest, and founder of National Bounce Back Month. The San Diego-based speaker runs the La Jolla Active Walkers and enjoys pickleball, Pilates, and ping pong.

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WHY DO MILLIONS OVEREAT *CARBAGE*™?

Bestselling author Connie Bennett felt ashamed. After years of helping others quit sugar, she was mindlessly shoveling in *carbage* (carbohydrate garbage) after losing her mother. But humiliation morphed into curiosity. Bennett dove into the research for seven-plus years to discover: Why do millions of us eat so badly when we know that we're harming our health? How can we easily make better choices in those *moments* of temptation? The charismatic speaker now shares her eye-opening findings and simple, science-backed tools to help audiences take back their power.

POPULAR TALK TOPICS

1. **Cut out the *Carbage*: Eat Cleaner, Live Larger**

2. **Why Smart People Eat Badly: 10 Sneaky Reasons & What to Do Instead**

3. **Quit Taking Orders from a Cookie: Unjunk Your Plate, Unleash Your Life**

4. **How to Triumph Over Temptations in the *Junk-Foods Jungle***

5. **Forget Willpower: What Works Better**

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