

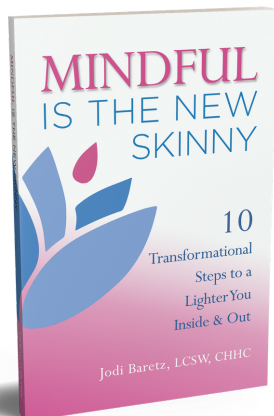
# Jodi Baretz

Psychotherapist, Health Coach and Author



## BIO

Jodi is a psychotherapist and coach at The Center for Health and Healing in NY. She is the author of the Amazon best selling book, "Mindful Is the New Skinny," and speaks to groups and organizations on how to live a more fulfilling life using mindfulness. Jodi builds a sense of community among her groups and is approachable, relatable, and authentic. She is a contributor to media, such as Thrive Global, and Huffington Post, a sought after guest on podcasts, and due to her dry sense of humor has been called "The Jackie Mason of Mindfulness."



## SIGNATURE TALK

**Mindful Is the New Skinny: How mindfulness can bring joy, peace and fulfillment, and lighten you up inside and out.**

What does the word "skinny" mean to you? Our culture and the media tell us that "skinny" is what we should be striving for, that skinny and perfection will make us happy, but that could not be further from the truth.

Jodi shares her 4 pillars to 'renovating your mind', which teach you a sane and sustainable approach to ending the love-hate relationship with food and equally important, with yourself and those around you. These concepts and techniques will bring you calm, clarity, contentment, and have you loving your life like never before.

"If you nourish the inside, you will flourish on the outside."

Mindfulness has been proven to improve cognitive functioning, memory, emotional control, lower blood pressure, strengthen the immune system, and even help with pain and weight loss. Come learn what it's all about in a simple, fun, totally relatable way!

## CONTACT

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## PRIOR TALKS & WORKSHOPS

- The Polo Club of Boca Raton
- UJA Federation of NY
- The Center for Health and Healing
- Bank of NY Mellon
- Morgan Stanley
- New York State Society for Clinical Social Workers
- Chappaqua Continuing Education
- Chappaqua PTA
- Armonk PTA
- Scarsdale Adult School
- Skinny Buddha Fitness Center
- Temple Shaaray Tefila
- Beth El, Sons of Israel
- Chappaqua Library, and more.
- Jodi also leads a very popular Lake Meditation for Moms in Westchester County.

## TESTIMONIALS

"You weren't good, you were spectacular! You really made me think about things."

"Jodi's relaxed manner, humor and great slides captivated the large audience, many of whom were seemingly unfamiliar with "mindfulness."

### -Members, The Polo Club of Boca Raton

"First, thank you so much for an amazing and mindful experience, you were an outstanding presenter. You had great advice and the audience seemed to hang onto your every word. I already used some of your suggestions and have already shared some of your advice with a friend of mine who is going through a difficult time. As I said in my voice mail.... YOU ARE A SUPER STAR!"

### - Shirley G. UJA Federation of NY

"Thank you again for such a great program and a special evening!! I hope we can plan more programs together. I think you were our best speaker so far. They loved it."

### - Rabbi Bergman, Temple Shaaray Tefila

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