



# JILL GINSBERG

Healthy. Wellthy. Wise (ass).

Author  
Speaker  
Health Coach  
Corporate Wellness Champion

**MEDIA KIT**

**Jill helps busy people apply simple and familiar business tools to personal health challenges so they can feel good, look good and achieve their best self.**

## biography

Author, health coach, and speaker Jill Ginsberg combines offbeat humor with her wellness and business expertise to teach busy people everywhere how to run their lives like a boss.

Jill's first book, *Self-Made Wellionaire: Get Off Your Ass(et), Reclaim Your Health, and Feel Like a Million Bucks*, proves that anyone can get healthy without driving themselves (and everyone else!) batshit crazy in the process.

Jill has taught a grateful community of readers and coaching clients that nothing is more empowering than feeling good—and nothing feels better than laughing your ass(et) off while getting it done. Her wellness articles and parenting humor have been featured on The Huffington Post, Scary Mommy and TODAY Parents, to name a few.

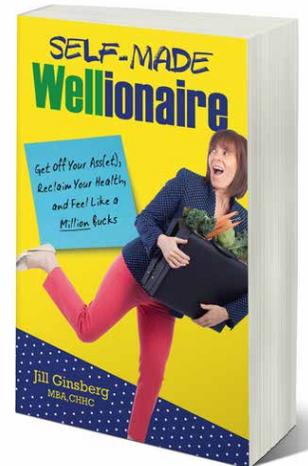
Not only is Jill trained as a Certified Holistic Health Coach, she received a Bachelor of Arts in English and Creative Writing from The George Washington University and a Masters in Business Administration from the University of North Carolina Kenan-Flagler Business School. She runs a private coaching practice serving clients worldwide.

Jill also created Thou Shall Snack, an award-winning all-natural snack food company, formerly carried in over 7500 food stores nationwide and featured on The Rachael Ray Show, in SELF Magazine, and in many other publications.

## contact

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For additional photos, free book review copies & media contact information, please visit:



“★★★★★”  
- Amazon Readers

**NEW!** A hilariously entertaining self-health book offering a compelling new system for implementing wellness change.

[www.JillGinsberg.com/press](http://www.JillGinsberg.com/press)

New Publication - Released May 2016

# SELF MADE Wellionaire™

★★★★★  
FIVE STAR average on Amazon!

Jill Ginsberg  
ISBN-13: 978-0692689455  
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softcover 6 x 9 \$15.99 USD  
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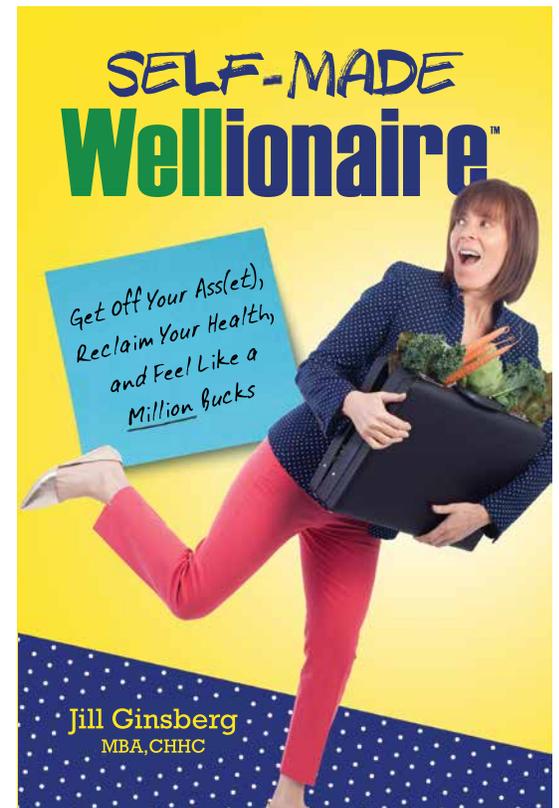
*Includes images, charts and guides*

What happens when you combine an MBA with a holistic health coach and a wicked sense of humor? You get absurdly rational and easily applicable strategies to reclaim your health and live your life like a boss.

In this irresistibly entertaining self-health book, coach Jill Ginsberg offers busy people like you a compelling new system for implementing wellness change. Utilizing strategies and tools you've already mastered in your professional life, Jill will show you how to become the CEO of your own health and wellness. Simple exercises delivered with comedic insight and a no-holds-barred style will show you how to stop wasting time so you can start making wellions.

Ready to get your shit together and achieve your super self? Read the book and learn what thousands of Wellionaires have already discovered: Nothing is more empowering than feeling good—and nothing feels better than laughing your ass(et) off while getting it done.

REQUEST A FREE COPY: [www.JillGinsberg.com/read-for-free](http://www.JillGinsberg.com/read-for-free)



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“I loved this book! As usual, Jill’s writing manages to be **inspiring, practical** and **often hilarious**. The book is packed with ideas and action steps that are invaluable to anyone interested in ways to live a healthy and happy life.”

—Ben Relles, head of Comedy, YouTube

“I’ve read tons of self-help books that don’t ever push me to action, but this one is brilliant. **Jill is a genius for taking basic business tools and translating them to everyday life to get healthy.** And with a nice dose of humor!”

—Sarina Godin, president, *butter LONDON* cosmetics

“Inspiring, motivating and wildly funny, *Self-Made Wellionaire* is the wellness book you’ve been searching for. Jill Ginsberg will not only help you create a better life but a better mind to go with it. ... Her **wicked humor** doesn’t hurt, I laughed the whole read!”

—Heather K. Terry, founder of *NibMor Chocolate*

“My wellness account was practically empty; to paraphrase *Top Gun*, I was writing checks that my body couldn’t cash. Luckily Jill Ginsberg has me well on my way to becoming a “Self-Made Wellionaire.” The **sound strategies** and **warm humor** she offers will land any reader in the wellthiest tax bracket.”

—Wendy Shanker, author of *Are You My Guru? How Medicine, Meditation & Madonna Saved My Life*

Request a review copy: [www.JillGinsberg.com/read-for-free](http://www.JillGinsberg.com/read-for-free)

## Speaker, Health Coach & Corporate Wellness Champion

Wellness expert and author Jill Ginsberg combines her offbeat humor with her health and business training to teach busy people everywhere how to run their lives like a boss.

**Jill's expert guidance teaches busy professionals how to reclaim their health and achieve their highest potential.**

A natural-born entertainer, Jill motivates and inspires audiences with her fun, no-holds-barred style and straight-shooting advice. Jill speaks at corporations, educational institutions, non-profits, writer and blogging conferences and entrepreneurial groups.

### speaking topics

#### **Finding Success Through Feeling**

**Good:** Lighthearted Stories and Lessons From People Who Have Done It. Humor, storytelling, and Jill's 3 golden secrets for making healthy change that sticks.

#### **Run Your Life Like A Boss:** How Thinking

Like A Manager Can Help You Take Charge Of Your Health ... And Everything Else. Learn how common business strategies can help you become the CEO of your own life.

**You Are A SMARTy-Pants:** How to create winning wellness goals so you can set yourself up for success, start taking action, and improve your performance in and out of the office.

**A Wellth of Energy:** How To Leave The Land of The Living Dead And Wake Up To The Possibilities. Learn Jill's foolproof equation for helping people ignite their energy, fire up their brains, and find their power-savings mode.

**Get Off Your Ass(et):** Four Simple Ways To Reclaim Your Health No Matter How Busy You Are. Find out the four biggest wellness hacks Jill uses to help people get out of their own way so they can get on (and stay on!) the path to wellth.

**Self-Made Wellionaire:** Three Ways To Protect Your Wellth So You Can Continue Feeling Like a Million Bucks. Find out how you can maximize time, mitigate risk and track your way to the top of your game.

### group workshops

**Hedging Your Bets In the Kitchen:** Meal Planning Principles Made Easy

**Get Wellthy The Fun Way:** A Step-by-Step Guide to Getting Off Your Ass(et), Reclaiming Your Health and Feeling Like A Million Bucks

**A Wellth of Energy:** How To Leave The Land of The Living Dead And Wake Up To The Possibilities — A Deeper Dive

Jill's unique coddling-free, humorous motivational style inspires time-starved professionals to stop making excuses and start making change.



Jill has conducted corporate wellness workshops for numerous well-known companies, including:



“Jill was absolutely wonderful to work with. At our first meeting she came prepared with a variety of different topics and themes that were directly relevant to the goals of our group. When I couldn't pick just one topic (*because they were all so good!*) she created a hybrid workshop that perfectly addressed all the topics that we wanted covered.”

- L. Kent, *University of Washington*

#### learn more:

[www.JillGinsberg.com](http://www.JillGinsberg.com)

#### book Jill for your event:

(206) 617-3337

[Jill@JillGinsberg.com](mailto:Jill@JillGinsberg.com)

# Additional reviews for Self-Made Wellionaire

"A fun approach to getting healthy, *Self-Made Wellionaire* uses simple business strategies to change how you approach improving your life, with small, actionable steps anyone can achieve."

~Elizabeth Stein, founder + CEO Purely Elizabeth, author of *Eating Purely*

"Whether you're the CEO of a company or CEO of your family kitchen, there's something here for you! Jill has taken the best of what she's seen work as an MBA-educated business person and combined it with her nutrition knowledge to deliver simple tips, actions and templates for life success. These practical steps are sprinkled with a healthy dose of humor that will keep you chuckling and engaged on your personal path to Self-made Wellionaire. A brilliant solution for combining the best of both worlds!"

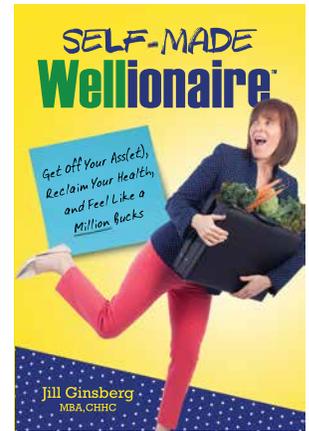
~Sue Brown, author of *Simply Sugar Free: Six Simple Steps to Conquer Sugar Addiction*

"Buy this book. You'll want to highlight, mark pages, and write your own notes as you create your path to wellness—and the library frowns on that, so you need to own it like Jill's step-by-step advice will have you owning your health. Recommended!"

~Anne Weiler, CEO and co-founder, Wellpepper, Inc.

"Your body is a factory: It's either running efficiently, and creating more health and vitality for you, or you're running it into the ground—with mismanagement, union strikes, and forced labor. Using time-honored and effective techniques that work in any size business, Jill Ginsberg uses humor and relatable stories to guide you step by step toward creating a healthy lifestyle in any size body. Learn how to run a tight ship (and maybe even get a tight ass in the process) as you discover how to run your body like a boss (the good kind of boss, not the lousy kind). Who knew creating better eating habits and increasing your health currency could actually be both satisfying AND entertaining? Don't just read this book, use it—and you'll soon have a personal health balance sheet that is worthy of a Wellionaire: "rich with energy, health, purpose, and joy"

~Kris Prochaska, M.A., author of *Life Well Spoken: Free Your Inner Voice and Prosper*



[Read more reviews on Amazon!](#)

## Additional coaching and corporate wellness workshop testimonials

Thank you so much for having the "Energize Your Life" workshop at our office. Everyone enjoyed it and got great information. We really appreciate you taking the time to be here!

- Theresa and Dr. Steve  
Green Lake Chiropractic

I'm the lightest and fittest I've ever been in my adult life.

- C.R., coaching client

Jill has really made a difference in my patients' lives. Patients with problems ranging from extreme stress, difficulty losing weight, to infertility have had huge improvements.

- O.S., OB/Gyn, Mill Creek, WA

Jill taught me so much about the importance of being healthy and made the experience fun.

- R.S., coaching client

Jill's workshop was absolutely phenomenal. Not only did she help us better visualize how to make goals, but also gave them the tools to figure out which goals in life to focus on.

The women came away inspired and truly excited about this new method of organizing one's plans and goals. We all had a great time in the workshop due to Jill's calm and pleasant nature. She is a great presenter and can bring so much to any group.

Thank you Jill!

- Sarah L, University of Washington

I feel like I can do anything I want with my life – using Jill's magic tools.

- A.R., coaching client

Jill is a great coach because she listens carefully at offers great solutions tailored to fit your personal needs.

- I.S., coaching client

I learned to be more mindful of what I was eating, but without feeling guilty. I'm eating better, exercising more and most importantly, being more proactive about taking care of myself.

- I.S., coaching client

Jill helped me tune-in to my body and the foods that make it perform best. I'm finally in control of my health.

- L.B., coaching client

Jill quickly got to the bottom of my problem. Now, I feel 100% more energetic. I got back my confidence and self-esteem.

- A.R., coaching client

Jill's forthright manner, excellent listening skills and ability to problem solve and create an individualized program won me over.

- M.B., coaching client

To learn more about Jill's workshops, publications and private health coaching, please visit:

[www.JillGinsberg.com](http://www.JillGinsberg.com)