

*Your Story. Your Food. Your Life.*

*A New Way of  
Looking at The  
Way We Eat*

*Jessica Setnick  
MS, RD, CSSD*



“Jessica is a one of a kind presenter! Phenomenal.”

# *The Way You Eat is Telling a Story.*

“Mesmerizing, striking, resolute and concrete... Jessica's presentation was captivating!”

“I learned more from 3 hours with Jessica than I did all semester.”

# *You Started to Write it Before You Were Born.*

“She offered the audience relief and practical tools instead of the nutritionist guilt we were expecting.”

“Jessica has a gift for imparting information you can walk away with and use immediately.”

# *You Use it Each Day as a Weapon or Tool.*

“We are a tough crowd and Jessica had us in the palm of her hand!”

“Excellent, charismatic, stimulating speaker. One of the best!”

# *Know Your Story and Know Yourself.*

“Such a simple concept - you have to know what got you here before you tackle what comes next.”

“Jessica’s quick wit makes these serious issues something fun.”

“Useful and up to date, entertaining and refreshing. Can’t wait to see what she has up her sleeve next year.”

# *Change Your Story and Change Your Life.*

Known around the globe for her Eating Disorders Boot Camp™, Jessica Setnick engages community and professional audiences alike with her captivating fables about everyday people and the games we play with our food. A veteran of 12 years devoted to treating eating disorders, Jessica says, “Every relationship with food is based on a story—and not always an accurate one.” Jessica conveys lighthearted authority without criticism, allowing listeners to reflect on and laugh at their own snafus. She demonstrates that the eating and weight problems we face have roots in our past, but the power to change is very much in our present.

Because of her accessibility and easy manner, Jessica’s fans may forget that she has an extensive education. It is her background in human behavior (she holds a degree in anthropology from Penn) combined with her expertise in nutrition and the psychology of eating (she is a registered dietitian with a masters degree) that give her the unique ability to see what others miss. She pulls from the latest research into human brain function, decision-making, and personality to explain the mysteries of eating behavior. Jessica is also available for professional events, in-house trainings and program consultation. She is comfortable speaking to health professionals of all varieties and will tailor her remarks to the level you prefer. No one leaves a session with Jessica without “shovel ready” strategies they can use the next day. From eating disorder experts to college undergrads, Jessica will wow your audience with facts, personality, and personal insight, leaving them with the tools they need to rewrite their eating stories.

