



Nina Manolson M.A., CHC

“ Women in this day and age know they “should” take care of themselves.

They know they should eat healthier, sleep more, move more, etc, but...they don't.

I help women move past the reasons why they don't nurture and nourish themselves, and into the practical reality of how they CAN truly live in a life where they feel truly good in their body and at peace with their relationship with food. ”

CREDENTIALS

- Recipient of the prestigious Integrative Nutrition Health Leadership Award
- Masters degree in Counseling Psychology
- Certified Psychology of Eating Teacher
- Certified Holistic Health Coach
- Founder of The Nourished Woman Nation

BECAUSE YOU JUST WANT TO *feel good*

COACH • SPEAKER • AUTHOR
WORKSHOP & RETREAT LEADER
NOURISHMENT EXPERT

Speaking Topics

**I know I'm Not Eating Right,
But I Just Can't Seem To Stop!**

**Stop the Good Food/
Bad Food Cycle**

**The Power of Body—
Mind Nutrition:** WHAT we eat
is half the story, the other half
is WHO we are as eaters.

The Nourished Woman:
How to create a life where
you actually feel good!

**A custom created topic
for your community!**

Books

EBook:
***Feed Your Kids Well In
A World That Doesn't:***
An everyday guide
to make healthy food
happen in your home
and beyond

Upcoming Book:
The Nourished Woman



About Nina Manolson

Nina has over 25 years experience in the health and wellness field and is best known for her compassionate, yet practical nourishment approach. She helps women go beyond deprivation and dieting and live in a vibrant body they love.

Learn more about Nina on her website NinaManolson.com

Check out Nina's engaging and warm speaking style here: ninamanolson.com/ninas-video-tips

Nina has created an active following in social media and continually posts healthy tips and inspiration on her [Nina Manolson Wellness Facebook](#) page.

Past Speaking Engagements:

- Institute for Integrative Nutrition
- Harvard Medical School
- Holistic Nurses Association
- Debra's Natural Gourmet
- Apple Valley School
- Wheelabrator Technologies

In addition to many tele-summits and podcasts

 facebook.com/NinaManolsonWellness 1,800 

 pinterest.com/NinaManolson 1,000 

 twitter.com/NinaManolson 975 

 www.instagram.com/NinaManolson 474 

"Nina presents tips for healthier living in an engaging and compassionate way. Her whole-health approach focuses not just of the importance of what we eat, but what we do, as in how we treat ourselves, and the psychology behind our food choices and attitudes. Her encouraging manner and helpful advice will resonate with anyone eager to make the changes necessary for a life that is well-nourished in every way."

Kelley Rae Unger

Adult Services Library,
Peabody Institute Library

"Nina's presentation skills are among the most professional I've seen and heard. She is authentic, expressive, and stays connected to her audience! Nina speaks clearly and has a way of making complicated concepts or ideas seem simple and easy to grasp. She leads experiential exercises with depth. Nina is fantastic in front of any sized audience and her words are full of wisdom!"

Robyn Vogel

MA LMHC

“ It's time to create a positive and healthy relationship with your body! It's your birthright to feel confident, at ease and at home in your own skin!

I look forward to offering your community a powerful talk that helps them live a nourished and healthy life. ”



Contact Nina Manolson

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