

Body Peace



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I help women end the war with their body & food and finally create Body-Peace.

Too many women are at war with their body and food. It's a daily battle of trying to be in control and ending up in frustration, body-shame and self-blame.

Body-Peace is about creating a relationship with your body that feels positive, nourishing, caring, kind and trusting. ”

Nina Manolson M.A.

CREDENTIALS

- Masters degree in Counseling Psychology
- Nationally Board Certified Health Coach
- Certified Psychology of Eating Teacher & Coach
- Certified Body-Trust Provider
- Founder of The Nourished Woman Nation & The Body-Peace Seekers

THE *relationship* YOU HAVE WITH
YOUR BODY IS THE MOST IMPORTANT
relationship OF YOUR LIFE!

BODY-PEACE COACH

SPEAKER • POET

WORKSHOP & RETREAT LEADER

NUTRITION THERAPIST

Speaking Topics

Body-Peace: How to end the war with your body

Eat On Purpose

How to shift How,
What and Why you eat

Body-Relationship Basics

How to create a relationship with your body and food that actually feels good

Jewish Women & Food:

It's complicated

Body-Poems

Did You Divorce Your Body

I Feel Fat

I Am Not My Numbers

Stress Eating

More Body-Poems here

Contact Nina Manolson

✉ Nina@NinaManolson.com

☎ 617.771.5121

About Nina Manolson

Nina has been helping women feel truly at home in their own body for 30 years. She is known for her deeply feminist, anti-diet, body-peace approach. Her courses, coaching and poetry positively change the conversation that women are having with their body.

Learn more about Nina on her website:
NinaManolson.com

Check out her speaker reel here:
ninamanolson.com/speaker-reel

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




























Partial list of speaking gigs:

- Stage Speaking
- Institute for Integrative Nutrition
 - Holistic Nurses Association
 - Harvard Medical School

- Podcasts
- BBC: Fit & Fearless
 - The Woman of Value
 - The Body-Love Project

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Community connection:

-  Email subscriber list 6,500        
-  facebook.com/NinaManolsonWellness 2,800        
-  Private Fb Group
The Nourished Woman Nation 2,000        
-  Instagram.com/NinaManolson 1700        

Promotional pics and full bio:
ninamanolson.com/speaking

"Nina's talk was dynamic, interactive and delicious!
Her teaching style is authentic and engages all learning types.
Our organization values creativity and innovative ideas and Nina made an otherwise 'sticky' topic fun and engaging.
We look forward to having her back!"

Niki Howard
Senior Experience Lead,
IDEO Cambridge

I have received tremendous feedback from your session! People were so interested and moved by the connections you made. They all really appreciated it!

Rabbi Deborah Zuker

“ Too much time and energy is wasted feeling bad about our body and food. Now’s the time to create a body-relationship based in compassion, listening, respect and deep nourishment. This is the path to Body-Peace!

I look forward to offering your community a powerful talk that inspires them to have a kinder and more empowered conversation with their body. ”

