

# Press Release



## *New York Times Bestselling Author, Stephen Perrine*

*Author, Speaker & Brand Consultant - Represented By Weil & Associates, LLC*

**October 6, 2023**

Stephen Perrine is the author and best selling author of The New York Times bestseller The Whole Body Reset, the first and only weight-management program created specifically for people at midlife and beyond.

Perrine has appeared as a nutrition expert on *Today*, *Good Morning America*, *The 700 Club*, *The View*, and numerous other media outlets, and has been a featured speaker at the 92nd St Y and the JCC Manhattan.

He has built, launched or relaunched dozens of successful health, nutrition and fitness brands including *Eat This, Not That!*, *The South Beach Diet*, *Wheat Belly*, and more. Perrine is also the co-creator of The Better Man Show, a nationally syndicated health and wellness television program for men. He has served as Editor in Chief of *Best Life* magazine and Editorial Creative Director of *Men's Health*, and as Publisher of Rodale Books.

Stephen will soon be releasing his forthcoming book, The Full-Body Fat Fix (St. Martin's Press, May, 2024), which explores the link between weight gain and the microbiome, and explains why obesity is a controllable autoimmune response that can be addressed not by eating less, but by eating more.

Stephen is available as a featured corporate presenter and public speaker, brand ambassador for well aligned products and content provider for internal and public articles. Please contact [larry@thesponsorshipguy.com](mailto:larry@thesponsorshipguy.com) for availability and fees.

*Since 2006, The Sponsorship Guy, Larry Weil, has been on a mission to improve results for sponsors and sponsorship properties. Larry's skill as an expert seller, negotiator, presenter, and strategist has connected him to many of the nation's most recognized brands and properties. He has over \$200M in sponsorship transactions to his credit and a database of over 4,000 brand and industry contacts.*

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