



# JACKIE GOLDSCHNEIDER

TV PERSONALITY • AUTHOR • ADVOCATE

# SPEAKING TOPIC

Personal Development: Title: The Weight of BEAUTIFUL

Jackie Goldschneider, star of *The Real Housewives of New Jersey*, bravely chronicles her decades-long battle with anorexia and public journey to recovery in this unflinching, moving, and ultimately inspiring self-written memoir.



JACKIE  
GOLDSCHNEIDER

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When Jackie Goldschneider bravely revealed her decades-long battle with an eating disorder on national television, she instantly became a beacon of hope for the countless individuals grappling with similar struggles. As a beloved cast member on the *Real Housewives of New Jersey* since 2018, her public journey towards recovery unfolded before viewers' eyes, commencing on the show in 2021. Two years later, her poignant memoir, "The Weight of Beautiful," delved into the deeply personal narrative of her lifelong confrontation with this profound mental health challenge, captivating readers worldwide.

From her poignant recollections of the isolation experienced as an obese teenager to her relentless pursuit of societal beauty standards, Jackie's book has resonated with a diverse audience, offering solace to those who find echoes of their own experiences within her words. Chronicling her arduous battle with anorexia spanning nearly two decades and culminating in her triumphant recovery at the age of 45, Jackie's journey has served as a source of empowerment and inspiration for countless individuals.

 [Video Link](#)

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Today, Jackie stands as a prominent advocate for eating disorder recovery, fearlessly addressing topics such as the detrimental impact of the diet industry, the complexities of mental illness, the importance of self-acceptance, and the pervasive and hazardous beauty standards disproportionately imposed on women. Recognized for her unwavering dedication, she was honored with the prestigious 2023 Inspire Award from the National Eating Disorder Association.

Through her powerful narratives and insightful counsel, Jackie offers invaluable guidance to anyone grappling with the burdensome weight of societal expectations, whether they find themselves navigating challenges at work, in the boardroom, or within the confines of their own skin.

## KEY TAKEAWAYS

- Understand the underlying reasons why someone might develop an eating disorder, so that you can identify your own potentially dangerous habits and empathize with those in your life who might be struggling.
- Recognize the hidden dangers of society's obsessions with weight and beauty, and how easily we become obsessed with unattainable standards.
- Through my journey of sickness and recovery, find the strength within yourself to recognize what might be holding you back and change your life for the better.
- Be inspired to examine your own life, and question whether the way you treat yourself is the way you should be treated and be motivated to change your negatives into positives.
- Come away knowing that anything worth doing is scary and often difficult, but that should not and cannot stop you from living your best life.

## BIOGRAPHY

Jackie Goldschneider is a star of the Bravo hit TV show *The Real Housewives of New Jersey*. Before joining the show in 2018, Jackie was an attorney and freelance journalist. Her writing has appeared in *Good Housekeeping*, *HuffPost*, and *Scary Mommy*, among others. *The Weight of Beautiful* is her debut book-length work. Jackie graduated *magna cum laude* from Boston University and received her Juris Doctorate from Fordham University School of Law before practicing law in New York City. She now lives in New Jersey with her husband and their children.

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## Noteworthy Achievements

Jackie's professional journey has been marked by a series of remarkable achievements.

Transitioning from a career in law to journalism and subsequently making her mark as a prominent figure on the reality television series "The Real Housewives of New Jersey" for a span of six years, Jackie has continually demonstrated versatility and adaptability.

Beyond her televised endeavors, Jackie's true passion lies in advocacy, particularly in supporting successful women through the challenging journey of eating disorder recovery. In addition to her advocacy work, she co-hosts a podcast on iHeart Radio, where she further amplifies her voice and platform to empower individuals seeking recovery and wellness.

Balancing her professional commitments with her personal life, Jackie is also a devoted mother, raising two sets of twins with grace and determination. Through her multifaceted career and personal endeavors, Jackie exemplifies resilience, compassion, and a steadfast commitment to making a positive impact in the lives of others.

## AUTHOR

Jackie is the author of The Weight of **BEAUTIFUL**.

## TRAVELS FROM

Newark, NJ

**JACKIE GOLDSCHNEIDER** is available for Public Appearances, Autograph Signings, and Keynote messages.

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