



Jen Butler

@JENBUTLERSAYS

Barnes & Noble bestselling author | storyteller
screenwriter | content creator | comedian


SPEAKING TOPICS


Jen is a writer and comedic content creator in recovery from alcoholism, addiction, self-harm, suicidality, disordered eating, BII, cancer, and an odd period when she only listened to dubstep. Her goals are to help complex or taboo issues (such as suicidality, depression, and overall mental health) become more digestible through her vulnerable, comedic approach. Through her writing and videos, she hopes to help people feel less alone in their messy humanness.

Her book, *Volume Control: a guidebook for highly sensitive people in a loud & spiky world*, was a #1 Barnes & Noble bestseller for all self-help & relationship books.

- ✓ Overcoming perfectionism & avoidance
- ✓ Creating authentic, vulnerable content
- ✓ Handling rejection as a highly sensitive person who is pursuing big dreams
- ✓ Addiction recovery (disordered eating, alcoholism, suicidality, self-harm)
- ✓ BII (Breast Implant Illness) recovery
- ✓ Screenwriting & self-publishing
- ✓ Healing through play, comedy, & fun

 111K

 145K

 12K



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