



Beth Bubik

The Catholic Fasting Coach
CEO, Author, Speaker

Beth helps Catholic women lose weight permanently through Catholic Fasting.

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Download your free 7 day meal plan: <https://bit.ly/catholicfastingmealplan>

Get on the waitlist: <https://bit.ly/dandpwaitlist>

Guaranteed to Spark Listeners to Enthusiastic Action

About Beth Bubik, The Catholic Fasting Coach CEO

Beth Bubik is a Certified Life and Weight Coach through The Life Coach School, and a Certified Catholic Mindset Coach through Metanoia Catholic. She helps hundreds of women lose weight permanently by teaching them how to Spiritually Fast in her signature program, the Delay and Pray™ Group Coaching Experience. Beth hosts the weekly Delay and Pray™ Podcast, which is rated in the top 2.5% world-wide. She is an author, speaker, and was a Top 10 finalist in the 2022 OSV Innovation Challenge. Her book Delay and Pray™ was published in the Spring of 2024.



About The Catholic Fasting Coach

At The Catholic Fasting Coach, we are on a mission to bring 1 million Catholics back to the Catholic Church through Spiritual Fasting.



Suggested Interview Questions

- What role does the virtue and vice cycles play in weight loss and weight management?
- How does Catholic Fasting differ from dieting?
- What is the Eat, Fast, Feast Cycle, and how does this fit into the picture?

Relevant Topics

PRACTICAL
AND
INSPIRING

- Fit for God - The Battle for Body and Soul
- The Eat, Fast, Feast Cycle - Rule of Life
- Body Image & Being Who God Made You to Be
- Delay and Pray™ Book
- Dreaming with God



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