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FOR IMMEDIATE RELEASE

Author Lori Hanson
will discuss and sign copies of her book
It Started With Pop-Tarts® ...
An Alternative Approach to Winning the Battle of Bulimia

On Friday, July 11th at 6:00pm
at Barnes & Noble at the Burbank Town Center

Lori Hanson shares the personal details of her 34-year struggle with eating disorders with truth, clarity, and humor. Her book offers hope, inspiration, and guidance for anyone seeking a way out of bulimia, anorexia, binge eating or yo-yo dieting. Hanson delves into why she and others fall victim to eating disorders and other addictions and offers them the tools they need to help them on their road to recovery. Barnes & Noble in the Burbank Town Center is located at 731 N San Fernando Blvd. (Corner of First and San Fernando.) Contact the store's Community Relations Department at (818) 558-1383 for more information.

Jack Canfield, Co-author of the *Chicken Soup for the Body and Soul®* and *The Success Principles*; featured teacher in *The Secret* says "An inspiring story of using intention, the law of attraction, energy work and body work to overcome a severe eating disorder. It is a wonderful example of the new paradigm that is emerging in the arena of health."

"Her book is a flashlight of hope, inspiration and guidance for anyone seeking a way out of the dark psychic caverns of bulimia, anorexia, binge eating or yo-yo-dieting. Yet even for those of us not suffering from an eating disorder personally, it clearly speaks to us" says **Michael Tamura**, Spiritual Teacher and author of *You Are The Answer*.

An entertaining and humorous speaker Lori Hanson shares her personal story and insights for holistic healing with high schools, colleges & universities, eating disorder clinics, rehab centers and more. She challenges and inspires her audiences to search for and embrace *their* personal power to create peace, balance and happiness in life. A talented lyricist and singer, Lori re-engaged with her creative side and began writing lyrics as part of her recovery process. She is finishing production on her first CD.

Hanson is available for interview upon request.

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