

## FOR IMMEDIATE RELEASE

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### **SPEAKER ON ADDICTION AND STRESS TAKES BOOKINGS AS NEW-SCHOOL-YEAR DEMANDS KICK IN FOR COLLEGE STUDENTS**

*Lori Hanson Shares Her Story and Tips for Dealing with College Stress*

October 23, 2011, Denver—After battling bulimia for 32 years and finally winning, Lori Hanson is an expert on the stress factors that influence young people and the life skills they need to handle them. Lori has turned her experience into three books, including the *Stress Survival Kit™ for College Students*, and is now a much-sought-after motivational speaker at colleges and universities across the country.

Thousands of students have heard Lori speak, and each one has come away with better tools, understanding, and resources to recognize and control stress and live healthier, more balanced lives.

“Lori is able to connect with her audience by using straight talk and directly addressing complicated challenges that young people face,” said Drew, a student in the Chancellor’s Leadership Class at the University of Colorado, Colorado Springs (UCCS). He added, “Lori offers many strategies for dealing with the intense stresses of being in school that will leave any student better prepared to succeed in education.”

Nichole, a student at Metropolitan State College of Denver, shared similar thoughts. “I like how Lori got us to think from a new perspective, and I value the advice she gave us on confidence,” she said.

With Lori’s ability to break through to the hard-to-reach student audience with humor, true stories, and real-life tips, her appearances are in high demand.

Her fall schedule has included stops at Metropolitan State College of Denver, Southern Indiana University, Evansville, and the UCCS Chancellor’s Leadership Class fall retreat. The students at UCCS themed their whole retreat around Lori’s Learn2Balance message, her *Stress Survival Kit™* series, and the *Stress Survival Kit™ for College Students*, which was in demand before it was available.

Lori’s books, including her award-winning debut *It Started with Pop-Tarts®*, are available at bookstores everywhere and on her website, Learn2Balance.com. For speaking engagements and coaching sessions, contact Ellen Christiansen at (720) 346-4640.