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## FOR IMMEDIATE RELEASE

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### LOCAL TEEN-ADVICE AUTHOR TO HOST EVENT AT FESTIVAL OF BOOKS FREE Homemade Vegan Pastry Tarts, Prizes, Book Signing

Los Angeles—Lori Hanson, award-winning author, speaker and advisor to teens on coping and balance, will be signing her book at the LA Times Festival of Books on April 25. Hanson, known for telling it like it is, has become a popular role model to young kids.

Her story resonates with teens: after suffering from bulimia and low self-esteem for years, Hanson took treatment decisions into her own hands and turned her life around. She has started her own consulting business and written two books, *It Started with Pop-Tarts®...An Alternative Approach to Winning the Battle of Bulimia*, which was awarded the prestigious Mom's Choice Award and the newly released *It Started with Pop-Tarts® 2.0* (teen version) *The Secrets to Surviving & THRIVING in Your Teens*. The solutions in her books can help young people turn around troubling eating disorders, but also improve body image, gain coping skills, manage stress and actualize intentions, Hanson says.

In her talks to parents, teachers and youth, Hanson candidly describes the path she took over the years (this is where the Pop-Tarts® come in). To recover from her eating disorder, she admits she went through years of trial and error. Along the way she gained insights on why she was having problems and how to change her life for the better.

Hanson is founder and president of Learn2Balance, a consulting company focused on improving the lives of others. A media favorite, she has appeared on many national radio and TV shows to create awareness about the epidemic of eating disorders and other teen issues.

See Lori at Booth 602, Zone F at the Festival of Books where copies of both books will be available for sale. Or go to [www.Learn2Balance.com](http://www.Learn2Balance.com) to order and learn more about Hanson's workshops and consulting services. Stop by to get your FREE Strawberry or Spinach & Tofu Pastry Tarts between 11:00 a.m. - 12:00 p.m. and pick up a copy of Pop-Tarts or a Personal Power Necklace designed by Lori.

The following is an excerpt from Hanson's new book, *It Started with Pop-Tarts 2.0: The Secrets to Surviving and THRIVING in Your Teens--*

### **Hot Pastry Principle #3: Know the Power of Your Mindset**

Here's another easy yet effective way to help you change your focus and create different results in your life.

1. Make a list of things you *don't* want and be specific (I don't want to be angry all the time, I don't want to have other kids make fun of me, I don't want to eat cookies every time I'm upset).

2. Make a list of what you *do* want and be specific (I want to be happy and enjoy my friends, I want to have lots of new friends, I want to write in my journal when I'm upset and feel better).

3. Feel what it would be like to have what you want—right now! (What does it feel like to enjoy your friends instead of being angry? How would it feel to have true friends that you like to hang out with or play with? To deal with your anger or frustration by journaling or walking the dog? Really feel what this would be like.) Visualize and make up a new story every day about what it feels like to have what you want. Make it *real*.

4. Expect your list of wants to happen. That's it...expect it. Now this is a big change from knowing it's not going to happen.

These are all fundamentals in what is known as the Universal Law of Attraction, which simply states that what you focus on you will attract—period. If you focus on good things, good things will happen. If you constantly fill your mind with negative, hateful, ugly things, you will attract negative experiences into your life. So choose your thoughts, conversations and focus carefully!

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