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FOR IMMEDIATE RELEASE

It Started With Pop-Tarts... Audio Book is Warm and Delicious!

December 2008—Produced by Haven Books Audio, this CD set contains a lively rock music track and makes a great holiday gift!

Lori Hanson shares the personal details of her 34-year struggle with bulimia 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 chemical imbalances and the mind/body disconnect that contribute to eating disorders and other addictions and offers five strategies to help individuals recover holistically.

Hanson says, “In this audio book I tell my story personally, in my own voice. The recording includes the usual level of “Lori” energy, intensity and entertainment! There are brief samples of the music behind the lyrics I wrote. And yes, that’s really me singing. It’s beautifully put together and I’m very proud of this project.”

Audio books are available from Amazon and the author’s website (ItStartedWithPop-Tarts.com) and. The MP3 version is only available on the author’s website.

“Rather than go where many authors have gone before, Hanson questions the current gold standard of treatment for eating disorders. The rate of recidivism for this disease is enormous and as professionals we must be open to integrating new ideas of treating these suffering patients” says Dr. F. C. Cox. She adds “Hanson really understands that to treat an eating disorder one must take a holistic approach. This is a lively, invaluable book where the author tells all and through her struggles—you laugh, learn, and are encouraged to heal.”

Hanson believes we are all have the power to heal ourselves and after watching many victims go in and out of treatment repeatedly decided there had to be an alternative to traditional

treatment. "Lori Hanson's bulimia recovery guide includes vital new information on the physical causes of compulsive eating that can make all the difference between recovery and relapse."

Julia Ross, Author of *The Diet Cure* and *The Mood Cure*

An entertaining and humorous speaker Hanson shares her personal story and insights on holistic healing and a healthy lifestyle with teens, college students, parents and community groups to raise awareness about eating disorders, self-esteem, body image and to help students and parents and community groups. She challenges and inspires audiences to improve the quality of their quality of life and embrace their personal power.

Lori offers a wide variety of workshops and talks on eating disorder awareness, self-esteem, body image, reducing stress, improving diet and quality of life to help students and parents develop "coping skills" that position them for success in life. She consults with individuals on eating disorders, weight and stress issues. Clients learn the five strategies for self-healing through a series of structured sessions, support and referrals to holistic practitioners.

"This book is a wonderful example of the new paradigm that is emerging in the arena of health." Says Jack Canfield, Co-author of the *Chicken Soup for the Body and Soul®* and *The Success Principles*; featured teacher in *The Secret* says

Hanson is available for speaking, private consultations and workshops on eating disorders and life balance.

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