

Lori Hanson

Life Balance Expert



Life balance expert
Lori Hanson shares
her important
message to help
people **IMPROVE
THEIR STATE OF
MIND**, make good
choices, **REDUCE
STRESS**, empower
themselves and...
DARE to DREAM!

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Bio

Life balance expert and founder of Learn2Balance, Lori Hanson knows personally what it takes to create balance in life. Her battle with bulimia started at the young age of fourteen and continued into her forties. Her low self-esteem propelled her into becoming a stressed out "Type A" corporate workaholic. As she struggled to find balance and happiness for almost 30 years, Lori an amateur body-builder established a deep understanding of diet, nutrition, exercise and alternative medicine and their effect on human behavior.

Award-Winning Author

Lori tells her story and shares tips for managing stress, improving nutrition and balancing lifestyle in her award-winning books *It Started with Pop-Tarts®*, *Teen Secrets to Surviving & THRIVING* and *Stress Survival Kit for College Students*, as well as through membership clubs and personal coaching.

Publications, Appearances

Lori has appeared on radio and television programs internationally and has been featured in *Essence*, *New Living Magazine*, *AFLV Connections*, monthly newspaper columns, *Wellsphere.com*, *Limitless Living.org*, and numerous other publications, bringing awareness to the epidemic of stress, eating disorders and the risks of overloaded living.

Sharing her inspirational personal story Lori has spoken at conferences, corporations, college campuses and events nationwide—wherever people are seeking intelligent, practical, and entertaining ways to find balance in their lives.

To learn more about Lori Hanson visit <http://Learn2Balance.com>