

## Coaching Packages

Lori teaches clients easy to use techniques for dealing with stress and creating balance in all aspects of their lives (work, finances, relationships and more).

Whether you need a “tune-up” to get you through a stressful time or a full stress management program. Learn2Balance programs are customized for each client and include a variety of solutions to help you live a healthy, stress free, financially independent and balanced lifestyle.

### Stress Tune-Up Package Includes:

- **Nutritional Assessment and Supplements**
- **Analysis of the Nutrition Assessment**
- **Five (5) one hour coaching sessions**
- **Consultations are done in person or on the phone**

You will learn how to identify the patterns that pull you out of balance. And using the combination of a balanced meal plan, nutritional supplements, relaxation techniques and exercise you will find the changes and balance you desire.

### Stress Management Package Includes:

(If you are chronically stressed out)

This program follows the same principles as the Tune-Up but is more in-depth and offers more training to get and keep your life stress-free and in balance.

- **Nutritional Assessment and Supplements**
- **Analysis of the Nutrition Assessment**
- **20 one hour coaching sessions**
- **Consultations are done in person or on the phone**

Support packages are also available

Are you one of the millions of people going through life with chronic stress, worry, pain, and stress-related health issues? Do you crave certain foods, drink too much, suffer insomnia, frequent the doctor's office and get no relief?

Diet and nutrition are the foundation—of everything! But most Americans are conditioned to eat on the run, eat what tastes good to them and drink caffeine and soda all day long. They don't stop to think about what the body needs in the fuel tank. Combined with worry, stress and a crazy schedule you can't win.

Alcohol, drugs, nicotine and food are poor choices to deal with stress and may result in addiction, depression or even suicide.

These programs are based on the Learn2Balance three-step process:

#### ⇒ **Nutritional Therapy Assessment**

Learn how to balance your body and brain chemistry for life. This is a key ingredient to balance.

#### ⇒ **Shifting Your Mindset**

Learn techniques you can use to ask for what you want · get what you need · live the life of your dreams · set boundaries · communicate better

#### ⇒ **Healing at the Cellular Level**

Critical transformation steps that increases awareness, and helps you reconnect your mind and body

**Call now and Learn2Balance your life!**

**877-650-HEAL**

## Program Benefits

“After these coaching programs you'll know how your lifestyle and what you eat affects you. How to proactively deal with stress and plan your days to have more energy, feel balanced, centered and in control. Your attitude and outlook on life will improve and you'll have the foundation for a healthier lifestyle that will position you for a successful stress free life.”

-Lori Hanson

**You need balance!**  
**Learn to integrate your Mind, Body & Spirit**

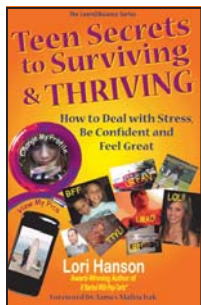
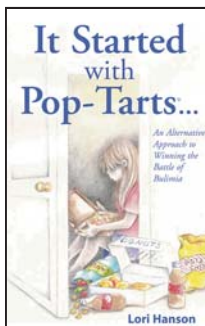
- **Nutritional therapy** helps clients move from “Don't wanna” to “I can” with ease—a **key piece to balancing your life**.
- It's not just what you eat and drink—it's what you are thinking and how often you slow down. Stressed out, frustrated and unhappy? Understanding how to **shift your mindset** will bring you **back in balance**.
- With alternative treatments, **healing is at the cellular level**. Results are much faster and dramatic.
- Program is focused on creating an end

“I highly recommend this program .”  
Tricia, Minnesota

## About Lori

Award-winning author, speaker, stress and eating disorder coach, Lori Hanson knows what it takes to find balance. She battled with bulimia and her self-image for 34 years and was a stressed out "Type A" in the corporate world for 28 years. Her expertise comes from personal experience. She has studied diet, nutrition, exercise and alternative medicine for over 25 years.

Lori shares her personal story and her Hot Pastry Principles™ for healing and balance in life in her award-winning book, *It Started with Pop-Tarts®...An Alternative Approach to Winning the Battle of Bulimia.*



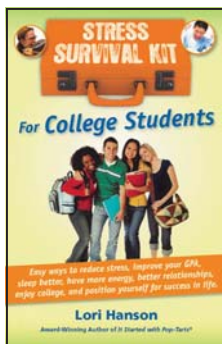
*Teen Secrets to Surviving & THRIVING* is popular with youth and her latest, *Stress Survival Kit for College Students* is a big hit on college campuses.

A leading authority on stress and eating disorders, Lori is an international media

favorite and a frequent guest on international radio and TV shows to raise awareness about eating disorders, stress and the need for balance.

A regular on college campuses, she is an entertaining and humorous speaker. She challenges teens, college students and parents to live peaceful, balanced purpose filled lives.

Ms. Hanson is Founder and CEO of Shewolf Press. Learn2Balance and the Learn2Balance Foundation, Inc.



## Lori's Mission

"To inspire people to live peaceful, balanced and purpose filled lives. To teach clients how to reconnect their mind and body and to live from their hearts instead of their heads."

"Lori is the best coach! She understands me, holds me accountable, but doesn't judge me. She is always ready to help me find humor in my life situations."

Angela, Virginia

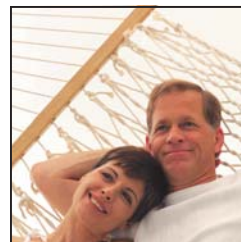


Call Now!!

**FREE**  
30 minute  
consultation

**877-650-HEAL**

Learn2Balance Your Life



"After coaching with Lori, I changed my perspectives and found freedom. I was able to relieve the anxiety and stress from my life."

Chloe, Southern California

Learn2Balance.com  
Coach@Learn2Balance.com  
877-650-HEAL

## Stress Management Coaching Programs

### Did you know?

- 90% of illness and disease is stress related
- More than 50% of adult Americans suffer adverse health effects due to stress
- 52% of adults have issues due to sleeplessness
- 53% feel fatigued
- 60% feel angry or irritable

Source: American Psychological Association's annual Stress in America Poll



Are you —

- An insomniac?
- A chronic worrier?
- A drama queen?
- Always tired and crabby?
- Stressed out about work, life, finances, illness, relationships, your kids, "the economy"?
- Suffering from chronic pain?

**You need stress management coaching!**

Learn 2 Balance™  
Holistic Solutions for Eating Disorders & Life