

Kristen K. Brown

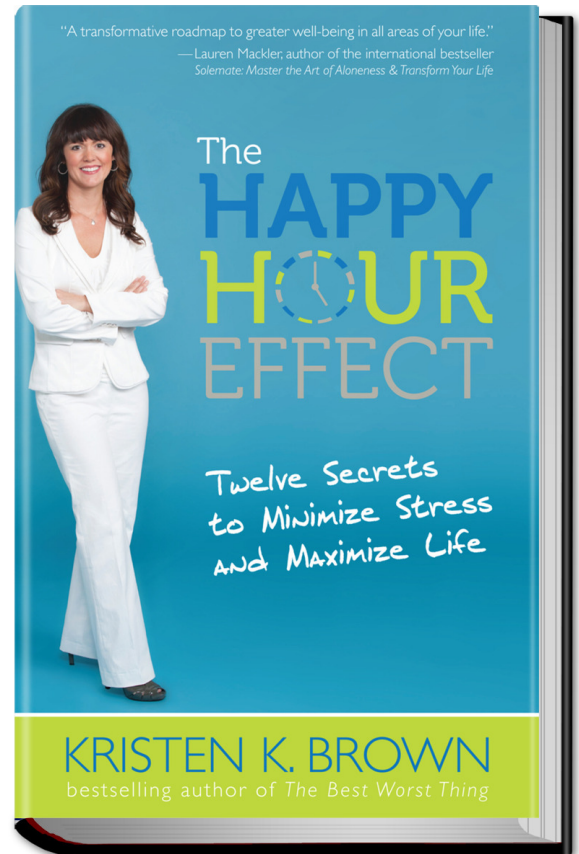
Bestselling Author • Certified Holistic Health Counselor • Widow Mom

Need an AMAZING & Experienced Guest?

*Join The Queen of Stress Relief as she leads the **Stress Less Revolution!** Kristen will reveal the hidden dangers of stress and how to **USE IT & LOSE IT!***

Why is this important
for your audience?

- ⇒ Have more peaceful relationships
- ⇒ Be a more effective parent
- ⇒ Be more productive at work
- ⇒ Lose weight and improve looks
- ⇒ Be more resilient to change
- ⇒ Better health and energy levels
- ⇒ And of course - **LESS STRESS!!!**



Book available from Goodman Beck
Publishing November 12th, 2012

Story Ideas:

- **Do You Have Mommy Madness?:** 3 Scary Stress Risks & How to Avoid Them
- **Does Santa Gets Stressed? (All those lists!):** 3 Steps to Less Holiday Stress
- **Do You Want to Slap Your Co-Worker NOW?:** 5 INSTANT Work Stress Busters
- **Are You Gettin' Busy 50 Shades or Vanilla-Style?:** 5 Sexy Tips for Less Stress
- **Is Stress Making You Ugly?:** 5 Ways Stress Ages Us & How to Stop It
- **Are Pets a Poop-Induced Headache or a Purrr-fect Pastime?:** 5 Pet Benefits
- **Custom segments and flexible lifestyle and wellness expertise to fit your needs**

Biography: Kristen K. Brown is The Queen of Stress Relief, certified holistic health counselor, widow mom, award-winning entrepreneur and bestselling author of *The Best Worst Thing* and *The Happy Hour Effect*. She is the founder of Happy Hour Effect LLC, a stress management company that helps people to minimize stress and maximize life. She started WidowMommy.com after her healthy, 30-year-old husband died of a heart attack when their daughter was just a baby. She is a professional speaker with a webTV show and has been featured in the media across the country on TV, radio, print and online. She works with individuals, corporations and celebs to discover the path to elevated work/life harmony.

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Testimonials

"Kristen has the unique ability to make the complex simple. She's extremely conversational, easy to talk to & intriguing to listen to. Her book is timely with the levels of stress in society today. Without reservation, I recommend her as a guest!"

~Senator Holland Redfield, *Straight Talk with Redfield am970wstx*

"As a weight loss and wellness expert I see stress as the #1 barrier for people getting their health and weight on track. With Kristen's expertise, audiences will be able to change their response to stress to make it a launch pad for a better life instead of dragging them further from their goals. It is a key to your energy and success!"

~Jina Schaefer, founder of Discover Health

"The first time we met Kristen (at the Academy Awards), we already knew she was a superstar of energy, vitality & positivity. She shines! Her work on life harmony helps the rest of us learn to do the same."

-Max & Ally Sinclair, *Cocopotamus* by NYDC Chocolate

Comments from Audiences:

Kristen was excellent - motivating - makes you want to do something to improve your life. • Entertaining! Quick witted! • So engaging & great tips!

Let Kristen Brown, a bestselling author, certified holistic health counselor and widow mom, share her story and expertise to entertain and inform your audience on living healthier, happier and longer lives. Kristen uses her dynamic speaking style and relaxed demeanor to draw audiences into her message. She has a unique talent of combining storytelling and humor with facts and actionable, personalized advice for the audience.

Availability:

MN, Worldwide by arrangement.

**Contact: Kristen Brown, 612-618-1808 (CST)
kristen@happyhoureffect.com**

Selected Media & Appearances

March magazine cover • CBS TV
NBC TV • ABC TV • Fox TV
Mancow Muller radio • CNN.com
US Weekly • Lucky • Working
Mother • Natural Solutions
Mayo Health Systems • Cargill
State of Minnesota • National
Wellness Conference • American
Heart Association • GBK Oscars
Event • MTV Movie Awards
And many more...

For videos and a full list of events, media coverage and appearances, please visit the Newsroom:

HappyHourEffect.com



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Interview Questions



- What is "The Happy Hour Effect?"
 - How does stress impact us?
 - You talk a lot about how stress impacted your journey after tragedy struck? What happened to you?
 - The holidays are a stressful time of year. What can we do to have a more relaxing and joyful holiday season?
 - What are the "Stress Ugliers" and how can we counteract them?
 - So you recommend sex for stress relief! Really?
 - Can you give us a sneak peek of the 12 secrets in your book?
 - Stress runs rampant in the workplace. What are 3 easy ways our audience can reduce stress instantly?
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- You are The Queen of Stress Relief and a stress coach who has worked with celebrities in Hollywood, executives and regular folks. No one is immune to stress. What is the first thing you tell clients when it comes to work/life harmony?
 - You talk a lot about me-time and how important it is to pamper yourself. Why is this important and how can people carve out more me-time with all the craziness in our lives?
 - What kinds of exercises do you have your clients do to stress less?
 - You mention being money-poor but happiness-rich. Yet money is one of the top stressors in today's world. How does the shift from a financially-focused measure of success differ from being happy with our lives despite our material worth?
 - Your debut memoir, *The Best Worst Thing*, hit the bestseller list and has received rave reviews. Where can we get that book?
 - Where can we get your second book, *The Happy Hour Effect: 12 Secrets to Minimize Stress and Maximize Life*, out November 2012?
 - Where can our audience go to learn more?

