

Karen Eddington Bio Option for Your Program:

Karen Eddington is a 15 year identity researcher, and author of *Understanding Self-Worth*, who learned proven methods to combat stress by listening to people like you.

As a community leader she has founded a self-worth outreach center, and done over 50 TV appearances, even earning a feature on ESPN for her work breaking stereotypes. She has studied women, youth, and professionals to understand their pressures and offer them real solutions to live happy, successful lives. When she is not working with audiences she can be seen driving carpool in her small town northern Utah farming community.

How small town? Well, there is an old school bus driving around that has been welded into a hay-hauling-tractor where the "S" and the "H" were removed and turned into a "C OOL BUS"