

Author Hedria Lunken To Speak At American Business Women's Association Event

ROCHESTER, N.Y. (September 4, 2008) – WME Author Hedria Lunken will be the guest speaker at the American Business Women's Association Niagara Falls Chapter "Kick Off" meeting on September 17th. Lunken, a professional creativity consultant will share with the AWBA audience her thoughts on how to effectively redirect personal thoughts and attitudes when faced with extraordinary challenges, and how to turn inspiration into action to achieve personal and professional success.

Age the age of 51, Lunken faced a significant change and challenge in her life when her husband unexpectedly passed away. In her new book, *Square One at 51*, she describes how she was able to pull herself back up after experiencing such a devastating loss. The book is aimed primarily at women – women who find themselves at emotional crossroads, knowing that while it's a bit fearsome, change is necessary.

Speaking to groups and organizations throughout the country, Lunken uses her personal experiences to challenge her audiences to embrace and welcome the unknown – to summon their inner strengths and become more than they thought they could be.

Square One at 51 can be purchased from publisher Windsor Media Enterprises. For information about the ABWA event and to make reservations, contact ABWA representative Linda Rafferty at lindarfinelleny@aol.com.

Any organization wishing information on how they might schedule Lunken as a speaker for one of their events should contact George Kittredge at kittredge@wmebooks.com or call 1-877-947-2665.