



For Immediate Release

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MOVING IS STRESSFUL (THAT IS WHY WE WROTE THIS BOOK)

This Side Up! A Simple Guide to Your Successful Relocation Now Available; Free Downloadable eBook

October 6, 2016: SAINT LOUIS: Lauren Herring, CEO of IMPACT Group, a global leader in relocation support programs, announced today the launch of her new book, *This Side Up! A Simple Guide to Your Successful Relocation*.

According to the US Census Bureau, more than 40 million people relocate annually. Whether it be a work-related move or simply a change of scenery, relocation can be a life-shaking event that evokes a roller coaster of emotions – from the initial high of excitement to the plunge into loneliness or worry.

Whether you're relocating for the first time or the fifth, this expert guide provides to-do lists, advice, job search tips and more. The guide will serve as a go-to resource for individuals, couples and families as they manage the entire relocation process, enjoying the journey and landing right-side up!

For almost 30 years, IMPACT Group's relocation support programs have assisted hundreds of thousands of employees and families with achieving successful relocations worldwide. This heartfelt, honest, no-nonsense guidebook shares the advice, ideas and tactical plans that come directly from the organizations' expert relocation and job search coaches.

"Relocating is a stressful and emotional time," said Lauren Herring, author of *This Side Up!* and CEO of IMPACT Group. "Leaving friends and family, changing schools, finding healthcare providers and even landing a new career without a network in the new area...it is daunting! Most people do not think of all the intricacies that are involved in a move until they are in the throes of it. I wrote this guide book to be just that – an easy-to-use guide to help individuals with every little hurdle that may pop up – before, during and even after the move takes place."

This Side Up! A Simple Guide to Your Successful Relocation is available as an eBook and is accompanied by downloadable checklists and other helpful tools related to the move. **Download for FREE at:**
www.thissideupguide.com

About the Author:

LAUREN HERRING is CEO of IMPACT Group, where she has transformed the company into a global leader supporting employees and families navigating personal and professional transitions. She is passionate about living out the company's mission of making a positive IMPACT, one relationship at a time. By writing this book, her goal is to help families in the throes of relocation transition to new surroundings more quickly and easily. Follow Lauren: @laurenherring | in/LaurenHerring

About IMPACT Group:

IMPACT Group, a WBE-certified global leader in career transitions, specializes in relocation support, outplacement assistance and leadership development solutions. We unlock career potential and empower your talent with the knowledge, skills and tools they need to succeed. IMPACT Group partners with you and your employees, creating more engaged, loyal and productive contributors to your organization. Learn how to make an IMPACT at: www.impactgrouphr.com, @impactgrouphr or in/impactgrouphr.

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