

“By the end of this book and your personal exploration, you will see where you wait for life to begin.”

Foreword by Jack Canfield
Co-author, *Chicken Soup for the Soul®* and *The Success Principles*

Waiting for Jack

Confessions of
a Self-Help
Junkie:

*How to Stop
Waiting
& Start
Living
Your
Life*



Kristen Moeller

Contact Information

Kristen Moeller – (516) 522-0639 office / (303) 807-9435 cell / Skype: kristenmoeller
Publicist, Suzanna Gratz – (415) 250-1380 cell

Introduction (pull first two paragraphs for short intro)

Bestselling author, spokesperson, personal coach, national speaker and popular radio show host, Kristen Moeller, received her Master's Degree in Mental Health Counseling from Nova Southeastern University in Florida and has been a personal development professional for over 20 years.

Kristen first discovered her passion for personal development after recovering from her own serious eating disorder, and addiction to drugs and alcohol as a young adult, and then subsequent realization of the transference of addiction to the 'Self-Help' world, as told in her bestselling book, ***Waiting for Jack; Confessions of a Self-Help Junkie*** (Morgan James, 2010).

www.waitingforjack.com

Kristen's popular weekly radio show "*What Are You Waiting For?*" is a dynamic conversation with experts and celebrity guests who have demonstrated a talent for being a 'fierce disruption of the ordinary in their own lives' and the world. Kristen is also an ambassador to the National Eating Disorder Association and speaks nationally about eating disorder awareness and education and the possibility of long-term recovery.

Passionate about supporting authors in *Authoring Your Brilliance!* Kristen is the executive publisher of Imbue Press www.unstoppableauthor.com.

When she is not actively making a difference in the world, Kristen thrives in the beauty of Colorado and enjoys hiking, running, skiing, snowshoeing, horseback riding, as well as spending time reading or relaxing in her magical, solar-powered house on the side of a mountain with two large dogs, an ornery cat and her best friend and husband of 17 years.

www.kristenmoeller.com

www.imbuepress.com

www.authoryourbrilliance.com



Waiting for Jack; Confessions of a Self-Help Junkie

Kristen first discovered her passion for personal development after recovering from her own serious eating disorder, and addiction to drugs and alcohol as a young adult, and then subsequent realization of the transference of addiction to the 'Self-Help' world, as told in her bestselling book, ***Waiting for Jack; Confessions of a Self-Help Junkie*** (Morgan James, 2010).

Waiting for Jack delivers a heartfelt, inspiring message to “disrupt the ordinary and create the extraordinary” and offers a constructive action plan for those dealing with addiction and procrastination - those waiting for their life to begin. Jack Canfield, co-author and creator of the *Chicken Soup for the Soul* series and *The Success Principles* and the 'Jack' to whom the title refers, wrote the foreword for the book.

"By the end of this book and your personal exploration, you will see how you wait for life to begin. You will see that all the answers you need come from within... stop hiding your magnificence and stop jacking around. You will become, as Kristen proclaims, "a fierce disruption of the ordinary!"

-- Jack Canfield

As powerful as other addictions, Kristen defines a *Self-Help Junkie* as “one who is drawn to self-improvement and betterment of their life, and the lives of others, yet forgets where the answers are. One who has become stuck on the “self-help treadmill and believes they are broken and need to be fixed and consequently waits for perfection before embarking on their life.” Her popular blog explores the tendency of many people to become addicted to the pursuit of perfection as well as self-help (www.selfhelpjunkie.com)

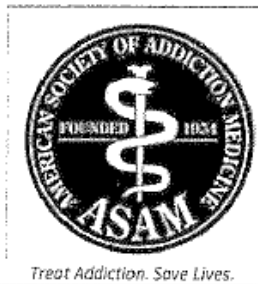
Kristen argues that there is nothing wrong with the exploration or the journey; it's that some of us get lost in the searching. And there is nothing inherently wrong with self-help. The root of the “problem” lies in our relationship to it, our bottomless quest to be someone, something or somewhere other than we are, our endless seeking, searching—and waiting.

www.waitingforjack.com



Talking Points / Questions for Guest Kristen Moeller

1. Why does the definition of addiction - from a 'personality or mental disorder' to 'a primary disease' matter?
2. So is it the chemical, the food, or the activity that is addictive – and can we just remove that factor from a person's lifestyle to treat the problem?
3. Can you talk about what you refer to as "the seductive comfort of addiction" and how it showed up for you? (p 35)
4. How are the worlds of Self-Help and Addiction related?
5. Addictive behavior is one way to create drama. Do you think that some people really need to live on a roller coaster and perpetuate periods of intense drama in their lives?
6. As a loved one of that person, how do we see it coming and what can we do to temper it?
7. We've all heard that we shouldn't take ourselves too seriously. But isn't that what responsible people do? Why is that a bad thing?
8. How does 'keeping yourself sick' as you put it, delay our evolution? (p51)
9. How do expectations = premeditated resentments and how do we shift that, both for ourselves and in our relationships? (p61)
10. How does releasing those expectations result in more authentic relationships? (p63)
11. What is the "geographic cure"? (p77)
12. One really valuable exercise you take your clients through has to do with word association. It seems simple enough, but when I just did it on myself, was pretty surprised at what came up. In this exercise, you have them pull up the first word that comes to their mind after hearing words like 'money' or 'alcohol' or 'mother'. Can you tell us why this is an important tool?
13. You talk about the box we put ourselves in to keep ourselves from being hurt. What are some of these boxes?
14. Why do you tell people to "not believe everything they think?"
15. Were you really "waiting for Jack?"
16. You end your book with a few questions for your readers to ponder ~ I'd like our audience to consider the one question that most resonates with them:
 - What is the meaning of life to you?
 - What do you want your life to be about - to stand for?
 - How do you want to be remembered?



News Release

FOR IMMEDIATE REVIEW

Contact: Alexis Geier-Horan
(301) 656-3920 x103
ageier@asam.org

ASAM RELEASES NEW DEFINITION OF ADDICTION

*Addiction Is a Chronic Brain Disease,
Not Just Bad Behaviors or Bad Choices*

CHEVY CHASE, MD, August 15, 2011 – The American Society of Addiction Medicine (ASAM) has released a new definition of addiction highlighting that addiction is a chronic brain disorder and not simply a behavioral problem involving too much alcohol, drugs, gambling or sex. This the first time ASAM has taken an official position that addiction is not solely related to problematic substance use.

When people see compulsive and damaging behaviors in friends or family members—or public figures such as celebrities or politicians—they often focus only on the substance use or behaviors as the problem. However, these outward behaviors are actually manifestations of an underlying disease that involves various areas of the brain, according to the new definition by ASAM, the nation’s largest professional society of physicians dedicated to treating and preventing addiction.

“At its core, addiction isn’t just a social problem or a moral problem or a criminal problem. It’s a brain problem whose behaviors manifest in all these other areas,” said Dr. Michael Miller, past president of ASAM who oversaw the development of the new definition. “Many behaviors driven by addiction are real problems and sometimes criminal acts. But the disease is about brains, not drugs. It’s about underlying neurology, not outward actions.”

The new definition resulted from an intensive, four-year process with more than 80 experts actively working on it, including top addiction authorities, addiction medicine clinicians and leading neuroscience researchers from across the country. The full governing board of ASAM and chapter presidents from many states took part, and there was extensive dialogue with the National Institute on Drug Abuse (NIDA).

The new definition also describes addiction as a primary disease, meaning that it’s not the result of other causes such as emotional or psychiatric problems. Addiction is also recognized as a chronic

disease, like cardiovascular disease or diabetes, so it must be treated, managed and monitored over a life-time.

Two decades of advancements in neurosciences convinced ASAM that addiction needed to be redefined by what's going on in the brain. Research shows that the disease of addiction affects neurotransmission and interactions within reward circuitry of the brain, leading to addictive behaviors that supplant healthy behaviors, while memories of previous experiences with food, sex, alcohol and other drugs trigger craving and renewal of addictive behaviors. Meanwhile, brain circuitry that governs impulse control and judgment is also altered in this disease, resulting in the dysfunctional pursuit of rewards such as alcohol and other drugs. This area of the brain is still developing during teen-age years, which may be why early exposure to alcohol and drugs is related to greater likelihood of addiction later in life.

There is longstanding controversy over whether people with addiction have choice over anti-social and dangerous behaviors, said Dr. Raju Hajela, past president of the Canadian Society of Addiction Medicine and chair of the ASAM committee on the new definition. He stated that "the disease creates distortions in thinking, feelings and perceptions, which drive people to behave in ways that are not understandable to others around them. Simply put, addiction is not a choice. Addictive behaviors are a manifestation of the disease, not a cause."

"Choice still plays an important role in getting help. While the neurobiology of choice may not be fully understood, a person with addiction must make choices for a healthier life in order to enter treatment and recovery. Because there is no pill which alone can cure addiction, choosing recovery over unhealthy behaviors is necessary," Hajela said.

"Many chronic diseases require behavioral choices, such as people with heart disease choosing to eat healthier or begin exercising, in addition to medical or surgical interventions," said Dr. Miller. "So, we have to stop moralizing, blaming, controlling or smirking at the person with the disease of addiction, and start creating opportunities for individuals and families to get help and providing assistance in choosing proper treatment."

To read the full Definition of Addiction, visit:

<http://www.asam.org/DefinitionofAddiction-LongVersion.html>

Dr. Miller is past president of ASAM. Dr. Hajela is past president of the Canadian Society of Addiction Medicine and is a board member of ASAM. The American Society for Addiction Medicine is a professional society representing close to 3,000 physicians dedicated to increasing access and improving quality of addiction treatment, educating physicians and the public, supporting research and prevention, and promoting the appropriate role of physicians in the care of patients with addictions.

American Society of Addiction Medicine

4601 North Parke Avenue, Upper Arcade, Suite 101 Chevy Chase, MD 20815-4520

Phone (301) 656-3920 • Fax 301-656-3815 • Web www.asam.org

###

