

WAITING FOR JACK
*Confessions of a Self-Help Junkie: How to
Stop Waiting and Start Living Your Life*

by Kristen Moeller

SYNOPSIS

In **WAITING FOR JACK** Kristen Moeller turns conventional self-help concepts upside down, asking people to stop eternal searching for outside answers and change their lives from the sideline to front line.

Too many people lose big chapters of their life “waiting for Jack.” No, that’s not meant to represent Mr. Right, but rather a whole slate of perceived answers to everyone’s eternal search to make their lives better, according to renowned life coach and speaker, Kristen Moeller. Part memoir and part how-to guide, this life-affirming narrative turns “personal fix-it” conventions upside down.

The symbolism of waiting for this particular Jack grew from Moeller’s own life experiences, of her constant search for meaningful change – being a seeker and never a finder herself. Following one memorable exchange, where she boldly introduces herself to renowned author and speaker Jack Canfield, (*Chicken Soup for the Soul®* and *The Success Principles*) Moeller nearly put her life on hold waiting for his connection to keep her inspiration alive.

She describes that life-changing moment when it became clear that for her, the figurative “Jack” had come to represent all the desires people wait for — more money, romance, children, retirement, even life’s purpose – and that the truest answers were never going to come from Jack, but rather from inside herself.

Moeller recognized, as she urges readers to do through real life examples, that people need to free themselves from the “self-help treadmill” and unleash their own inner ability to create lives of greater fulfillment.

Laced on the one hand with self-deprecating humor and on the other with respect for individual dignity, **WAITING FOR JACK** is uncommonly appealing. It inspires readers to end the eternal search for something outside themselves, stop the endless **WAITING**, and finally live life more fully by falling in love with their own humanity.

Moeller’s own life transformation offers real-life instruction in how people caught in a “bottomless quest for self-help” can stop the waiting and hoping for direction from others and move forward to embrace their own life every day in a “fierce disruption of the ordinary.”

In an authentic, intelligent voice, Moeller describes her specific life challenges — years filled with addictions from severe eating disorders and alcohol to evolving as a “self-help junkie”--- before creating a successful career as life coach, speaker and author, among other accomplishments.

Her insightful, clear-eyed narrative describes how she came to recognize the decisions and actions that limit who we become. She writes, “Paradoxically, we wait and try to get somewhere at the same time—and that somewhere is anywhere but here, in the moment, in the now. We believe when we get there or have that, we will possess eternal happiness. We look for the magic pill. But what if we’ve already swallowed it? What if we were born with it? What if we are it?”

It is with this motivation, and liberal doses of humor, that Moeller succeeds in motivating readers to think and act for themselves, while offering principles by which they can assess their own lives, avoid perpetual waiting and commit to realizing a life that, as Moeller puts it, “...is as good as we choose it to be at any moment.”

Thematically, Moeller brings the mythical Jack full circle with tongue-in-cheek chapter headings such as Jack of All Trades, Master of None; Jack and the Beanstalk; Jack of Hearts; Jack and Jill Went Up the Hill; Jack in the Box; Jackpot; and even Jackass. Moeller details how effectively the practice of looking within can end the cycle of waiting and create real change, with the added bonus of how much better one can feel about themselves.

For more information visit: www.waitingforjack.com

About the Author

Kristen R. Moeller is a highly respected coach, author, speaker and radio show host who holds a master’s degree in counseling and has more than 20 years experience in the field of personal development. She is a founder of the non-profit Chick-a-go Foundation, which provides “pay-it-forward” scholarships for transformational educational training programs reaching people who otherwise cannot afford such opportunities. Ms. Moeller also hosts a weekly internet radio show, “What Are You Waiting For?” and is a celebrity ambassador to the National Eating Disorder Association. She resides in Colorado with her husband in an eco-friendly solar powered house.