

## February Actionist Newsletter

### A FEW THINGS FROM JESS



xxxxxWill You Be My Valentine?

As you well know (cause I've been promising it for months) we are upgrading our site and adding in some new bells and whistles just for you. But before we get there – we are asking our loyal Actionists™ to help us by filling out a survey. Go to our site [www.jessweiner.com](http://www.jessweiner.com) – click on the video (watch me in action) then fill out the survey giving us your opinion on fashion, music, social issues, and more and you can win one of 5 \$50 Best Buy gift cards. I really want to include your feedback in our 'facelift' so don't forget to fill out the survey and tell your friends.

### ZOOM ZOOM ZOOM

So I had this fantasy of taking a month off and just sitting around brainstorming new ideas, writing (for fun not work), and allowing myself to take long walks and naps to recharge my batteries. Well....that's why they call it a fantasy! I've instead been coast to coast talking to amazing mother/daughter conferences, school assemblies, and appearing on a few TV shows now and then. Then it hit me! I am going to just embrace the fact that long stretches of time off are not always in my cards and instead of resisting my schedule, I've decided to embrace it and find unique and interesting

### QUOTES

"Who, being loved, is poor? "  
-Oscar Wilde

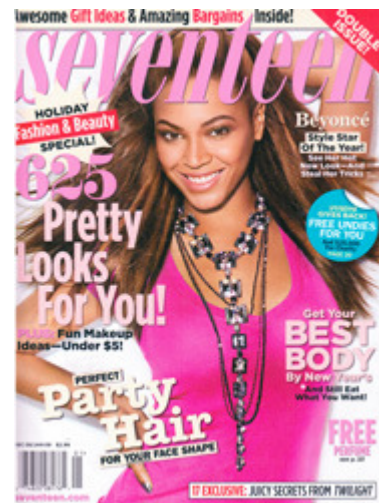
Take Jess's Suvery, Win a \$50 Best Buy Gift Card  
[Click here](#) to get started

Maimi - March 7, 2009

Jess appears along side MadTV's Keegan Michael Key to benefit Miami classrooms. Please visit [Adopt-A-Classroom](#) for more details!



Jess in Seventeen Magazine!



ways to take a time out, refuel my creative space, or just blow off some steam.

When I got into an acceptance and surrender of my busy schedule this wonderful thing happened – I found myself relaxing a whole lot more. Even though I was still just as busy. This very little shift in perception really helped open my mind to a new way of looking at things. Instead of spending so much time looking at what I don't have – I spent even more time looking at what I DO have. Same thing goes for relationships – instead of thinking about what's not working in your romantic life or partnership – what about looking at what is working and just giving yourself permission to receive. It's a novel concept really. If we allow ourselves that connection to all that is coming our way – we wind up with very full plates, full hearts, and full lives. It doesn't mean we can't wish to make improvements or want different things. The process of change will become more gentle and open up some space for unexpected surprises that make life truly beautiful!

I'm a Survivor

February is a month in which we celebrate a lot of things: Presidents' birthdays, the rich history of African American culture, our beloveds (and our crushes). And February is also a time to become more aware of issues and events impacting our world. At end of the month we raise awareness for Eating Disorders and the millions of families who are impacted by someone they love who may be struggling with this treacherous disease. That's why I've chosen Shannon Cutts as both our recommended reading and our featured Actionist™.

She is a wonderful example of someone who's been there and is now giving back. Her new book "Beating Ana" is about her own recovery from Anorexia but also highlights a very



Read Jess's monthly column in Seventeen Magazine, find all the great advice you're looking for, and submit your own questions to [Jess's blog at Seventeen.com!](#)

Jess and Dove on MSN.com



Unilever

Surf the [Dove Channel](#) on MSN! Read Jess's column, search video workshops, ask questions, and get involved!

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### What's on Jess's mind...

Are you curious about what's on Jess's mind lately? Be sure to read Jess's [Blog](#) to find out!

If you or someone you know would like to be a guest blogger on Jess's blog, please send your blog entry along with a two sentence bio about the writer to [info@jessweiner.com](mailto:info@jessweiner.com).

The topics are open - just keep in mind the goal of the site and Jess's work is to promote conversation and action!

important element that makes recovery a success – mentorship. She will share with you stories of 6 other inspiring women who are all making their way one step at a time. She is also pioneering new outreach within the eating disorders community to link those who have gone down a road of recovery with those who are still struggling. This angle of mentorship, friendship, and survivor outreach is an imperative angle when discussing what it takes to fully recover from an eating disorder. I was honored to write the forward to her book and urge you to read it and buy a copy for your local school or public library!

### Spread the Love

I look forward to the times we get to meet out on the road – so thank you for coming out to my lectures, book signings and public appearances. Putting a name and face to an email you've sent is always a thrill! Make sure you check out the Up N Coming section of this newsletter and on our site for all the places to catch me next. I am particularly excited to be heading back to my hometown to host "Miami's Got Class" a benefit for Adopt-A-Classroom – a fantastic event and organization that provides support and supplies for teachers nationwide. Buy tickets or check them out at [www.miamisgotclass.com](http://www.miamisgotclass.com)

Lastly dear Actionists™, I hope this newsletter finds you living your dreams and feeling loved. Take the time you need to speak to those you care about every day, take a small step of action to make a big difference in someone's life, and don't forget that you are the one you've been waiting for!

Blessings,  
Jess

### Book Jess in 2009!

Book Jess for your upcoming events in 2009 and receive \$500.00 off the total cost of program fees. Send your email to [info@Jessweiner.com](mailto:info@Jessweiner.com) to find out what dates are still available.

### FEATURED ACTIONIST™

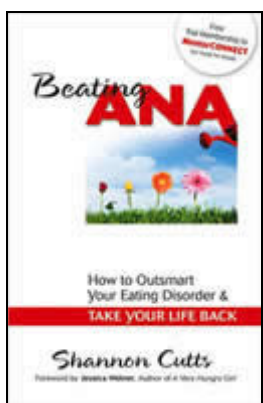


**Shannon Cutts**  
**Author. Speaker. Songwriter.**  
**Mentor. Survivor.**

For Shannon, *relationships replace eating disorders*. Period, the end.

When Shannon first developed anorexia and bulimia, little was known about recognizing and treating eating disorders. She struggled for seven years in silence and secrecy against an illness she could not name. But she refused to stop fighting. When she was nineteen she met her mentor. Together, they joined forces against the eating disorder. Slowly but surely, the loving, supportive bond she formed with her mentor began to edge out her dependence on her "relationship" with her eating disorder. She began to take her life back.

## SELECTED READING/ARTICLES



*Beating Ana*  
-Shannon Cutts

Imagine a world in which it is easy to find someone to turn to who understands your struggles, identifies with your wounds, and knows how lonely and scary it feels to live inside your skin. No longer would you have to feel ashamed, hopeless, or helpless when you resolve each day to beat your eating disorder, only to fall down again. In this fantastic brave new world, you would face your eating disorder head on, standing tall and firm with supportive friends by your side as you get better—and stay that way! In *Beating Ana*, Shannon Cutts opens the door and invites you into this world as she introduces you to a whole new way of thinking about and recovering from your eating disorder.

Shannon, too, fought hard during her 15-year

Today, Shannon has been in strong recovery for over a decade. In 2004, she founded ***Key to Life: unlocking the door to hope***, an outreach and advocacy organization that offers programs, workshops, concerts, products, and services to facilitate recovery from eating and related disorders. Through ***Key to Life***, she began sharing what she had learned about eating disorders recovery through speaking and performing her original songs at school campuses and in treatment centers. She also began serving as a mentor to others who were struggling to recover from their eating disorders.

It soon became clear to Shannon that the need for eating disorders mentors far exceeded what her time could accommodate. As she answered her mentees' questions and responded to their emails, she began taking notes, noticing common themes and writing down everything she could remember about how she healed. Those notes became her first book, ***Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*** (Health Communications, Inc.)

With the release of ***Beating Ana***, Shannon & ***Key to Life*** launched a worldwide mission to share the power of mentoring with others. In 2008, Shannon partnered with three other dedicated volunteers to found ***MentorCONNECT***, the first global mentoring community to connect those in strong recovery from eating disorders with those who are seeking recovery support.

To learn more about Shannon, her speaking and songwriting, ***Beating Ana***, ***Key to Life***, and ***MentorCONNECT***, visit

battle with anorexia and bulimia and is now in a strong decade-long recovery from both. She understands firsthand the total isolation, dead-end thinking, and exhausting mind tricks that eating disorders confine you to, and has found a way to break free from eating disordered thinking and living—for good. Here, in *Beating Ana*, Shannon shares her own story with you and introduces you to a fresh, new, powerful, and proven approach to overcoming your eating disorder—the world of mentoring and connecting together.

From the very first page of *Beating Ana*, you will experience the empowering joy of sharing your recovery process with others as Shannon guides you in the same fun, introspective, practical and empowering techniques that she developed to achieve her own lasting recovery and has since passed along to her own mentees. You will walk with Shannon through the recovery process as you read private correspondence from five of her longtime mentees and participate right along with them in self-quizzes, short exercises, motivational affirmations, and journaling that is specifically designed to give you the courage, support, and tangible skills to say 'no' to your eating disorder and 'yes' to your life!

[Purchase \*Beating Ana\*](#)

her at [www.key-to-life.com](http://www.key-to-life.com).

### **FREE “*Beating Ana*” Book Giveaway!**

In honor of National Eating Disorders Awareness Week this February, Shannon is giving away five FREE copies of her new book, ***Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back***, to the first five readers who send an email to [PaolaF@hcibooks.com](mailto:PaolaF@hcibooks.com). Be sure to put "Beating Ana" in the subject line of your email!"

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Everyone can be an Actionist™!

Below are some definitions of the word:

1. Someone who motivates and inspires people to take action in their everyday lives.
2. Someone of any age, race, class, and gender who wants to walk their talk out in the world and lead by example.
3. Someone willing to do what it takes to make a difference in their lives and in the world at large.

### **ACTIONIST™ TOOLBOX**

Want to be empowered with great ways to take action in your everyday life?

#### **Ways to Take Action:**

1. If you're at a loss for new words that make you feel positive, try writing down a

wish list of traits you admire in others.

2. This one's simple but true: Remember that everyday actions and relationships cause a ripple effect out in the world, so practice being kind, and ask someone else to pass it on.

3. Assess your own belief system. Discover if you're taking on others' viewpoints or giving yourself an opportunity to craft your own. Try writing down an opinion inventory, which can be broad and basic, silly or deep: what are your thoughts on friendship, political issues, or even doing the laundry? You may be amazed to discover that you have different opinions than your parents or friends do.

Small steps of Action  
can make a great change!

Also, be sure to check out the [Take Action](#) section of [Jessweiner.com](http://Jessweiner.com)!

