

# Omar Manejwala, M.D., Addiction Psychiatrist, Author, Speaker Explains Addiction, Cravings and Self-Destructive Behaviors



Nearly every week the news is filled with some celebrity in trouble with drugs or alcohol. According to Omar Manejwala, M.D., addiction psychiatrist, speaker, and bestselling author, addiction is a treatable disease but most people don't get the help they really need. Why is it that people continue to relapse and die from

addiction?

Dr. Omar explains addiction in simple terms, from how addiction changes your brain to how your thoughts, actions and experiences play a role in making self-destructive behaviors worse. There is a tremendous amount of research on how to control addictive behaviors. Dr. Omar takes what we really know about these behaviors and distills it down into simple actions you can take to control your cravings and recover.

His ability to explain this complex brain science and psychology in simple, understandable terms has led him to be quoted on the front page of the New York Times, the LA times, and the Chicago Sun Tribune. He has appeared on the CBS Early Show, 20/20, ABC Primetime, Al-Jazeera America and many other national and international television and radio programs. He is also the author of the bestselling book, *Craving: Why We Can't Seem to Get Enough*, and frequently leads seminars and workshops.

Dr. Omar has over 15 years of experience treating addictive disorders. A Duke trained psychiatrist and former Hazelden Medical Director, Dr. Omar is now Chief Medical Officer of an LA based national health services management company. Dr. Manejwala has treated thousands of patients with addictions from all walks of life, and is widely regarded as one of the nation's leading experts on addiction. William Cope Moyers says "Dr. Omar knows addiction medicine inside and out."

**Bio:** Omar Manejwala, M.D. is an addiction psychiatrist, international speaker, former Hazelden Medical Director, and bestselling author of the book *Craving: Why We Can't Seem to Get Enough*. He has appeared in dozens of media outlets including 20/20, The CBS Early Show, ABC Primetime and many others. Find out more about Dr. Omar and view clips and articles at [www.Manejwala.com](http://www.Manejwala.com) or [@DrManejwala](https://twitter.com/DrManejwala).

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## **Feature Story Ideas**

**Drug Overdoses:** Hardly a few weeks go by without another celebrity drug overdose in the news. But every day, 100 Americans die of drug overdoses. What causes people to overdose? How can you tell if it was intentional or accidental? How common is overdose?

### **The Inexplicable Behavior of Addicts:**

Whether it's a public figure caught on tape smoking crack or a sports celebrity ruining their career over drug and alcohol use, addictive behaviors can seem downright bizarre. Addiction expert, international author, speaker, and Psychiatrist Omar Manejwala, M.D. can provide clear insight into these puzzling behaviors.

**What Happens in Rehab?** Dr. Omar has spent almost 15 years as a psychiatrist in some of the nation's top rehabs, including Hazelden. During that time he treated people from all walks of life from the poorest to celebrities and the ultra-wealthy. Now Dr. Omar can provide an insider's perspective on what really happens during and after treatment.

**What Causes Cravings and How Can You Stop Them?** Every year there are multiple new diets. This year its gluten, last year it was paleo and before that it was carbs. But what if the answer on how to control cravings has very little to do with subtracting a specific ingredient? Dr. Omar can provide insight into the biology *and* psychology of cravings and compulsive overeating.

**Why do People Relapse?** What causes someone who has been clean and sober for years to go back to drug and alcohol use? Are you ever safe? Is it true that addicts and alcoholics are never cured, or is that just group-speak? What does the research show about relapse rates?

### **What are the Most Effective Treatments for Addiction?**

More than in any other condition, fad treatments and unscientific methods are frequently used to treat addiction. What does the research really show when it comes to the effective treatments of addiction? Are medications effective and how do they work?