

**Dr. Addison Killeen to Launch New Book**

***The Shift: A Leadership Fable of the Transition from Overwhelm to Focus***

**LINCOLN, NE** – Dr. Addison Killeen, a recognized expert in leadership and organizational systems, is set to release his transformative new book, *The Shift: A Leadership Fable of the Transition from Overwhelm to Focus*. This compelling narrative offers a fresh perspective for leaders grappling with the pervasive challenges of distraction, burnout, and reactive decision-making, providing a clear path to regaining control and fostering environments that cultivate clarity, focus, and joy.

*The Shift* is an insightful fable that introduces readers to a young dentist teetering on the brink of burnout, whose journey takes a pivotal turn upon meeting a wise mentor. Through their interaction, a new paradigm for thinking and operating emerges, blending storytelling with practical strategies and a deep understanding of human purpose. The book is already garnering significant praise from prominent leaders:

“A powerful leadership fable with great insights, reminders, and practical advice in becoming a more effective leader coupled with the development and practical application of the necessary systems to ensure a thriving enterprise. Well done, Addison!”

—**James Hunter**, author of the internationally best-selling book *The Servant*

“So often we don’t reach out when we need help—finding the right person to serve as a mentor can be of immense help. This book demonstrates the importance of having a person who cares, who has certain expertise to provide insight and Encouragement.”

—**Tom Osborne**, Former U.S. Congressman and National Champion Football Coach

Dr. Killeen’s *The Shift* is more than just a book; it’s a blueprint for leaders seeking to transform their approach, creating systems that not only enhance productivity but also restore balance and purpose to their professional lives.

**About the Author:** [Dr. Addison Killeen](#) is a sought-after speaker, coach, and consultant. He empowers leaders to achieve sustained success through strategic system implementation and mindful leadership, helping individuals and organizations overcome overwhelm for focus and fulfillment. While Addison speaks and teaches across the country he lives and works in Lincoln, Nebraska, where he and his wife chose to raise their family.

He gained business experience as an analyst at Telesis Inc., owners of Lazlo's, FireWorks, and Emyrean Brewing. After leaving the business world to complete dental school, Addison invested in several companies. In 2019 he founded his current practice, Capital Dental, which focuses on guest experience and consistently earns top ranks from the community. He also co-founded the Dental Success Network, a leading dental technology platform that delivers continuing education to dentists across the nation. **Learn more:** [addisonkilleen.com](http://addisonkilleen.com)

**Book Availability:** *The Shift: A Leadership Fable of the Transition from Overwhelm to Focus* will be available for purchase at leading bookstores and online retailers starting August 21st, 2025.

**Launch Event:** Dr. Killeen will hold an official launch and signing event on August 21st, 2025, from 5:30 PM – 7:00 PM at Francie & Finch Bookstore, located at 130 S 13th St, Lincoln, Nebraska. The event will include a Q&A session with Dr. Killeen, interviewed by Nebraska podcaster Dan Parsons, along with drinks and light refreshments. No RSVP is required — just bring a friend and your curiosity.