

## Questions for the Author

1. How did you come to write this book?
2. What is the single greatest benefit of your approach?
3. What are the other benefits?
4. You say there are a lot of myths about getting rid of worry. What do you mean by that?
5. How does your approach differ from other ways of managing stress and worry?
6. Why should people adopt your approach?
7. What changes can people make right away that will make a difference?
8. You're not a clinician, why should people take notice of you?
9. What makes you qualified to write about this topic?
10. Isn't this just another book about positive thinking and affirmations?
11. What would you say to people who have tried to stop worrying before, but it didn't work for them?
12. When and where is the book available?