

TALKING POINTS

1. What inspired you to write a book about Fear and Anxiety?
2. Isn't stress normal?
3. In your book, you talk about "information overload, can you expand on that?
4. Is PTSD increasing in our society?
5. What is adrenal fatigue?
6. What is your B.E.A.T. process?
7. How do your processes improve job satisfaction and productivity?
8. So you're working on your "self" ...but how do you deal with other people who aren't working on their selves?
9. What do you mean, "Creating the Life You Want?"
10. Can you talk about how the FEARS that are named by the candidates are affecting people?