



“The Pioneer of Soul Health”

Potential Interview Questions about **Recipe for Radiance: Mastering the Art and Soul of Self-Care**

- What is “Radiance”? And how do you create it/reach it?
- You state that self-care is *soul-care*.... Can you explain this?
- Some would assume your approach is religious in nature--- is it?
- What is the “*Recipe for Radiance*”? How did you come up with this metaphor?
- Your book, ***Recipe for Radiance: Mastering the Art and Soul of Self-Care***, describes your 3-step approach to self (aka soul) care. Tell us about that and how it was developed.
- What is the biggest mistake people make with self-care?
- In our busy world, how do you convince people that self-care is important?
- How do you apply the *Recipe for Radiance* in your own life?
- What might you tell listeners about getting started in “soul-based living” as you call it?
- What services do you provide? Can people around the world work with you?
- Where can people get in touch with you or buy your book?