

Sample Interview Questions

1. You wrote a book entitled Emotions as Tools. What does “emotions as tools” mean?
2. Can you explain how your approach helps our listeners deal with specific feelings such as anxiety, guilt, shame or anger?
3. What are some specific skills that our listeners can do today to begin using their emotions as tools. Or... What are some specific skills our listeners can do today to begin using their anxiety as a tool?
4. Your new book is entitled Beyond Anger Management: Mastering Your Anger as a Strategic Tool? What do you mean when you refer to anger as a strategic tool? What do you mean by “beyond anger management”?
5. Is there a difference between men’s and women’s anger?
6. What can my listeners do, today, to begin mastering their anger as a strategic tool?
7. People listening to this show may struggle with getting angry and doing something they later regret. What's your best advice on how they can deal with that?
8. How can I use your approach in dealing with someone who gets mad at me?
9. How can my listeners get in touch with you?