**Sample Interview Questions**

Self-actualization and Mind-Blowing Happiness:

* What is self-actualization and mind-blowing happiness?
* What would you say is the foundation of a self-actualized or deeply happy and fulfilled life?
* Why is happiness so important?

Foundational steps for Mind-Blowing Happiness:

* I noticed Healing is the first step for happiness in your book. Can you give us a few tips? I think we're all trying to heal from the pandemic.
* What's the biggest rule for happiness?
* What is the biggest myth about anger?
* How can we reduce anger in our lives?
* Do you need God to be happy?
* What is the biggest misconception about happiness?
* What can people do to stay connected during COVID?
* How can people learn to love themselves?
* You say our country has a crisis of authenticity, what does that mean?

Intermediate steps to Mind-Blowing Happiness:

* One of the 12 steps to happiness in your book is Generosity. You say, "Throw the Boomerang." Explain that.
* You say detachment leads to happiness. That seems counterintuitive. What does that mean?
* Why do you say people should learn to surrender to be happy?
* We've all been taught, patience is a virtue. You say patience makes you happy. Can you give an example?
* Why do you think developing deeper compassion makes people happier?

Final stages of Mind-Blowing Happiness:

* What can people do to identify and pursue their passions?
* How can we bring more passion to our work life?
* Freedom is your final step to happiness. How do we balance freedom when we have responsibilities?

Practical Applications:

* I know you are a yoga and meditation instructor. How do yoga and meditation relate to happiness?
* Do you recommend any particular type of music or media to make people happier?
* Can you give our audience a few simple things they can do during the day to be happier?
* How does all of this happiness impact relationships at home or work? Can you be too happy?

Personal:

* What made you decide to focus on Self-Actualization?
* How did you decide to become a Happiness Expert?
* What does the Happiness Expert do for fun?