**Contact: Nicole Ballengee**

[nicole@prbythebook.com](mailto:nicole@prbythebook.com)

**SUGGESTED INTERVIEW QUESTIONS**

***Don’t F\*\*\* This Up!: A Guide for Students and Graduates***

***or Anyone Making a Fresh Start***

**By Fred Stuvek**

1. Your book is titled, *Don’t F\*\*\* This Up!*. That is pretty direct. What exactly do you mean by it and how did you decide on it?
2. You have excelled in sports, the military and in business. What is the key piece of advice you have gained from this trifecta of experience that you want to give to those making a fresh start in this bad economy?
3. How is your book unique from other self-help books out there?
4. You say that your advice may be hard for people to hear. Why is that?
5. Can you go over a couple of the core ideas for success that you outline in the book?
6. You say that the margin for error is narrowing for people starting out in the workforce. What do you mean by that?
7. COVID-19 has decimated the economy. For those who have been laid off, what is your biggest piece of advice as they look for a fresh start?

1. Ultimately, what do you hope readers take away from your book?

1. How/where can readers purchase *Don’t F\*\*\* This Up*?
2. Is there anything else you’d like to tell us about the book?