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SUGGESTED INTERVIEW QUESTIONS
The Irrational Fear Cure in Four Miraculous Steps
By Teri Smith-Pickens

1. Your book is titled *The Irrational Fear Cure in Four Miraculous Steps*. With so many people suffering from various anxieties today, is it truly possible to cure our fears?
2. You interviewed 200 people to demonstrate fears and anxiety for your book. What primary insight did you take away from talking with those people?
3. How do you think the COVID-19 pandemic is worsening peoples' anxieties?
4. What is your number one piece of advice for people suffering from irrational fear?
5. You make it clear in your book that most irrational fear stems from something that occurred in childhood. Do you have special advice for parents to help their children avoid internalizing a fear that will cause anxiety as an adult?
6. Your book also discusses the importance of three-fold development for well-being – the body, mind and spirit, with the spirit being the most important factor. Why do you think so many people today leave out the spiritual aspect, and what impact does that have?
7. Does someone have to follow a spiritual life / faith life to benefit from your book?
8. Ultimately, what do you hope readers take away from your book?
9. How and where can readers purchase *The Irrational Fear Cure*?
10. Is there anything else you'd like to tell us about the book?