

Suggested interview questions for *Meditations on the Natural World; A Guided Journal to Find the Technique That's Right for You*.

Why did you write this book?

You talk in the book's introduction about your struggle with meditation.... How did you get to the point of teaching it?

What is your personal favorite meditation technique?

What are the benefits of meditation?

What would you say to people who say, "I've tried meditation and it didn't work for me."

What's the most surprising meditation technique in your book?