



INTERVIEW QUESTIONS

The Five Seasons

By Dr. Joseph Cardillo

1. “Get in touch with nature,” why have the poets and artists been sending us a similar message throughout history?
2. How is your message different? What can your book tell us about the seasons that we don’t already know?
3. How did you come up with the title for this book?
4. Okay, so the first thing everyone is going to want to know is what is the “fifth” season?
5. Why do most people tend to prefer one season over the rest – e.g. some people would love to have summer all year long or autumn, some love the cold and snow? Is this a good thing?
6. Your book talks a lot about the unique energy put forth by each of the seasons. First of all, can you walk me through what this means?
7. How can these energies affect a person’s mind and body? What’s going on when they affect you negatively? Say, when a rainy day or cold weather hits and I’m not having fun?
8. Are you saying that there are certain things everyone should or must do, say, only in the spring and other things only in summer?
9. What does synchronizing with the seasons actually mean?
10. What benefits can a person expect to gain from making herself sensitive to seasonal cycles?
11. Can a person, for instance, use seasonal energies to have a better day at work?
12. Say I work in an office, how can I use seasonal cycles to enhance my daily routines?
13. Say I like jogging or some other sport, how can I use my seasonal cycles to up my performance?

14. Can you use seasonal cycles to have a better relationship? How? What would you say to someone who is experiencing conflict in a relationship? How can this person use seasonal energies to smoothen things out?
15. What about somebody who is trying to get herself unstuck from something: a dead-end job, a bad relationship, _____?
16. You say that self-awareness is at the hub of effectively living with the seasons. What kind of self-awareness are you talking about? How does self-awareness affect seasonal influence on you in terms of health?
17. What role do nutrition and exercise play?
18. How can my being attune to the seasonal cycles make me a better and healthier person? What happens if I am not tuned in to the seasons?
19. You talk a lot about staying in flow. What exactly is this? Why is it important? How does this keep you healthier and happier?
20. Is there something people can do to start using these energies today?