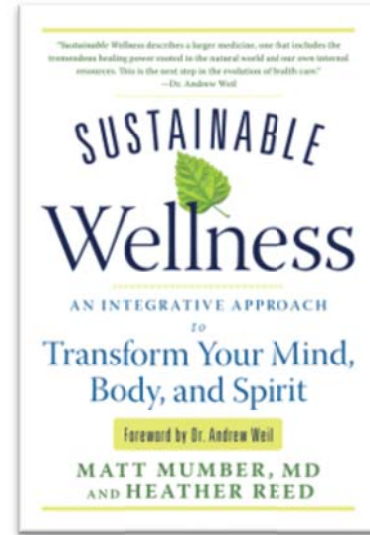


# INTERVIEW QUESTIONS

## **Sustainable Wellness**

By Matt Mumber & Heather Reed



1. What does sustainable wellness mean?
2. Out of the many books about health and healthy living, what makes yours different?
3. How did the book come about?
4. Who is your audience?
5. What makes this approach sustainable?
6. Describe the steps and give some examples of practical tools.
7. In the book, you frequently use the words “awareness” and “mindfulness.” Explain.
8. How did a yoga teacher begin work with a radiation oncologist?
9. What and who inspires you?
10. You and Dr. Matt call yourself guides. How does that work exactly?
11. After the book, where can readers go for support?