

MEDIA QUESTIONS

The Good Life – Redefining Your Health With the Greatest Visionaries of Our Time
by Jesse Dylan

1. When did you become interested in health and wellness?
2. What was it that caused you to develop that interest?
3. Tell us a bit about your background. Your family life as a kid ... what moved you into radio
4. What motivated you to become an author?
5. What did you find were the most commonly cited themes among all the people you interviewed? What are the consensus pointers for health?
6. Tell us about some of the people you interviewed who are represented in the book. Who are they and what are they about?
7. What do you cover in the book? How is it laid out?
8. What are the primary messages you want readers to take away from the book?
9. How do you personally relate to the mind/body/spirit elements of life, as you address all of them in the book? How do you walk your talk?
10. Who is your audience for this book?
11. What's next for you?