

Interview Topics

Creativity:

- ✦ Everyday creativity
- ✦ Challenges of the art-committed Life
- ✦ Creativity coaching
- ✦ Creativity and mindfulness
- ✦ TZS uses for the creative person

Mindfulness:

- ✦ Quick centering
- ✦ Increased awareness
- ✦ Improved problem-solving skills
- ✦ Better communication skills
- ✦ Stronger sense of purpose

Health:

- ✦ TZS uses for improving health
- ✦ TZS uses for stress reduction
- ✦ TZS uses for relieving depression
- ✦ TZS uses for anxiety management
- ✦ TZS uses for addiction recovery

Media Contact:

Sarah Riley

Sourcebooks Publicity

630.961.3900 ext. 295

sarah.riley@sourcebooks.com