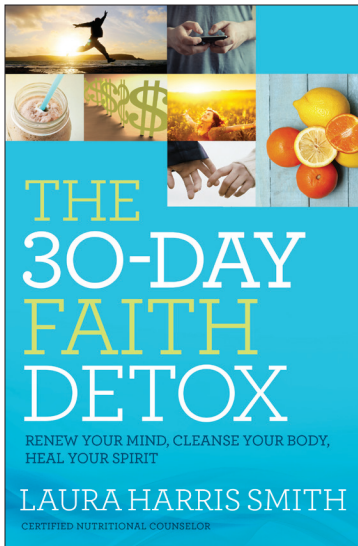




SAMPLE INTERVIEW QUESTIONS

*The 30-Day Faith Detox:
Renew Your Mind, Cleanse Your Body, Heal Your Spirit*
by Laura Harris Smith



***The 30-Day Faith Detox*
Renew Your Mind, Cleanse Your Body,
Heal Your Spirit**

by Laura Harris Smith

Trade Paper ISBN: 978-0-8007-9787-4

\$15.99; 256 pp.

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1. Your book *The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit* has been out now for a year. You've received some amazing testimonies from people who have gone through the detox and had life-changing results. Share some of those with us!
2. Laura, this detox comes out of your own journey back to health. Tell us a bit of that story and how God showed you it was time for a significant change.
3. How is this detox different from some of the juice cleanses and other things out there right now?
4. You list five major areas of toxicity in people's lives. What are those, and how did you determine them?
5. Tell us about the title itself. What does it mean to "detox your faith"? How does faith become toxic? How can that affect our mental, emotional and physical state?
6. Walk us through a day on *The 30-Day Faith Detox*.
7. Tell us about the free 30-Day Faith Detox CHALLENGE and the free daily videos readers can view during their detox. Where can people sign up for that?
8. Laura, what were some challenges you experienced in your spiritual life when you did your first detox? What should people prepare themselves to experience?
9. You've heard dozens of stories from people who have been changed physically, but there are also many stories of mental and emotional healing. Tell us about those.
10. What does the Bible say about bodily health, and how can we as the church be more active in promoting a holistically healthy lifestyle?
11. What kind of results can people expect *after* completing the detox? How can they continue the habits they've built?
12. Where can listeners find out more about *The 30-Day Faith Detox*?