

**Amy  
Carroll**



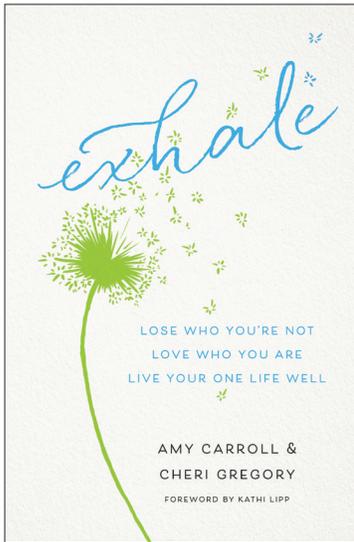
**Cheri  
Gregory**

## SAMPLE INTERVIEW QUESTIONS

### *Exhale*

#### *Lose Who You're Not, Love Who You Are, Live Your One Life Well* by Amy Carroll and Cheri Gregory

1. *Exhale* is the first book that the two of you have worked on together. Talk to us about how you became interested in this journey of change for women.
2. Why do you think so many women who want to follow God's plan feel so stuck?
3. In the first chapter of *Exhale*, you discuss the story of Zacchaeus found in Luke 19. What can we learn from the essential element in Zacchaeus' change?
4. Why do you ask readers to take a moment to breathe at the end of each chapter?
5. What do people struggle with the most when it comes to losing who they're not?
6. Once we are able to inhale and love who we are and who God has made us to be, what changes might we see in our daily lives?
7. For many people, loving themselves can be an extreme challenge. How do you recommend women overcome this potential barrier to becoming the person God made them to be?
8. The third section of this book encourages women to live their one life well. What does this mean to each of you, and how do you hope women respond to this section?
9. What is your vision for the book and for the women that read it?
10. How have you seen God use this book to better people's lives?
11. Where can people go to learn more about each of you and your book, *Exhale*?



#### ***Exhale***

by Amy Carroll and Cheri Gregory  
Trade Paper ISBN: 978-0-7642-3273-2  
\$14.99; 240 pp.  
Ebook ISBN: 978-1-4934-1877-0  
Release Date: June 2019

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