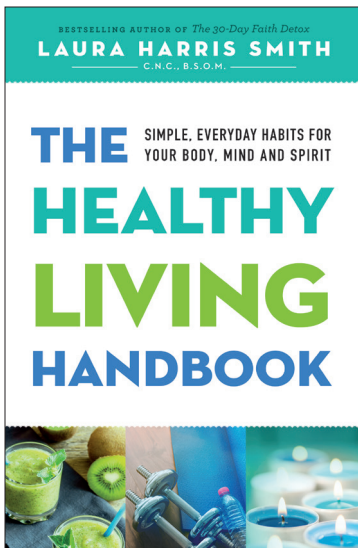




SAMPLE INTERVIEW QUESTIONS

The Healthy Living Handbook
Simple, Everyday Habits for Your Body, Mind and Spirit
by Laura Harris Smith



The Healthy Living Handbook

by Laura Harris Smith

Trade Paper ISBN: 978-0-8007-9788-1

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1. You led tens of thousands of people through *The 30-Day Faith Detox*. Tell us some of the amazing things that came of that journey, and how that paved the way for this new book.
2. Laura, key to being whole is understanding the trinitarian nature of ourselves. What do you mean by that in this book? What does that mean for our health?
3. You divide the habits in *The Healthy Living Handbook* into three sections—habits for your spirit, habits for your mind, habits for your body. Why? And how many habits for each?
4. Name some of the 10 healthy living habits for your body.
5. Tell us a few of the 10 healthy living habits for your mind.
6. Tell us a few of the 10 healthy living habits for your spirit.
7. You say that *The Healthy Living Handbook* “defuses excuses.” What do you mean by that?
8. You tell us to “de-stress” our “distress.” Say a few words about stress, how we carry it and how we can de-stress.
9. There’s a very important relationship quiz in the book. What’s that about?
10. Let’s pause and talk about healing for a moment. God desires healing for us, but what is the difference between healing and walking in divine health?
11. What is your vision for this book and all of the people who will read it?

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