

Interview Questions for Dr. Laurie Weiss

1. Why did you write ***Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)***?
2. Was there any one person who was your inspiration for the audience you imagined for this book?
3. In the book, you say, "The reason for your distress is often very different than you think it is." Why do you feel that way?
4. What's the most important thing readers will learn from ***Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)***?
5. People listening to this often struggle with feeling stressed and anxious. What's your best advice on how they can deal with that?
6. When do you write? Is it easier to write in the morning or at night?
7. Who's your favorite author?
8. Where can we buy the book?