

Suggested Interview Questions: Pat Samples

- 1) You say in *Secret Wisdom* that you're on a campaign to change how our culture views the aging body – to counter what you call “anti-aging mania.” What do you mean by that?
- 2) Talk about the new view you are championing in the book – recognizing our body as a rich resource as we age?
- 3) Why does this matter for women in particular?
- 4) You say our body “remembers,” that it's filled with stories. What kind of stories?
- 5) You suggest that we should “listen to our body” and “make friends with our body.” How can we do that?
- 6) What happens if we don't listen to our bodies?
- 7) Can listening to our bodies offset in some way the effects of aging?
- 8) How can making friends with our body help us deal with the stresses of everyday life?
- 9) Women love to gather with other women to talk and learn together. How can women help each other learn from and appreciate their bodies?
- 10) Where else can women learn about tapping into the riches of their body as they age?