

MEDIA PAGE TALKING POINTS
For Carolyn Hobbs' new book, FREE YOURSELF

1. In Chap. One of your book, FREE YOURSELF, you describe how the **Power of Conscious Choice** leads to more joy & happiness. What is Conscious Choice & how can it reduce defensive reactions by saying "yes" to what is?
2. In Chapter Two on Curiosity, you teach that the **Power of Simple Questions** can eliminate back pain, headaches, neck pain and stress symptoms. Would you be willing to take listeners through a simple question to help reduce pain?
3. You describe in Chapter Three that the **Power of Responsibility** helps us step out of any victim stance by asking, "Which part of me feels scared, sad, anxious or rejected right now?" How can distinguishing the voice of ego from the voice of our wounded child or our wise Heart help us cultivate inner peace?
4. Also in Chap. Three, Your Aware Heart, you mention the importance of identifying **Core Beliefs**. What are Core Beliefs? Give us an example of how identifying our core belief can create closeness & intimacy in our marriage?
5. Chapter Four teaches readers the **Five Core Feelings**. What are the Five Core Feelings & why is it important to drop below our surface feelings of anger, frustration, jealousy or resentment to name our core feelings to loved ones?
6. You claim in your book, FREE YOURSELF, that Compassion is the most important of the Ten Powers of our Wise Heart. What is Self-Compassion? Why is it important? Give us a few quick two-second Compassion phrases we can use while sitting at a red light, working out or standing in a grocery line.
7. How does the **Power of Acceptance** help us reduce anxiety, fear, despair and hopelessness to experience more inner peace and less problems in daily life?
8. What is a "**Do-Over**?" How can it reduce conflict and save a marriage?
9. In Chapter eight, you say **Forgiveness** comes from the **Power of Letting Go**? How do we free ourselves from resentments without condoning bad behavior?
10. Chapter Ten of FREE YOURSELF invites us to choose Inner Peace. How does the **Power of Surrender** bring more peace into our daily life. Can you give us an example of how to choose inner peace over problems?