

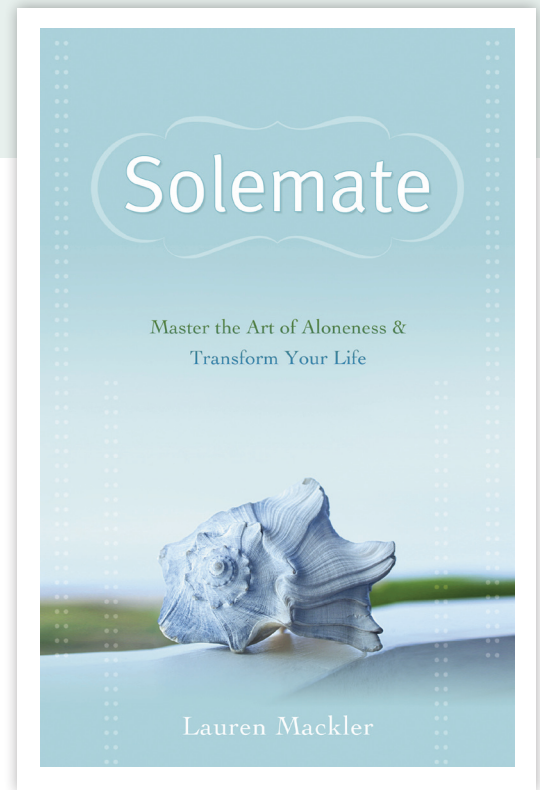


# SOLEMATE

Master the Art of Loneliness & Transform Your Life

## Sample Interview Questions

1. There are a multitude of self-help books that address many of the same topics as *Solemate*. These include books for singles, and books about how to overcome fear, live a more fulfilling life, and build self-esteem. What makes *Solemate* different from the rest?
2. You say that the book is about mastering the art of aloneness, but that it's not about being alone. How is aloneness different from being alone?
3. Studies show that nearly half of all U.S. adults are living single lives, numbers that have steadily increased over the last thirty years. To what do you attribute this trend?
4. You say that rather than look for someone else to make you happy, you should "become the ideal partner you seek." What does that mean? What about people who are already in a relationship? Do they have anything to gain from the insights and tools you provide in *Solemate*?
5. You say you've drawn from a variety of disciplines in writing the book, including psychology, physiology, sociology, holistic healing and strategic business practices. What's your professional background and how did that shape your ideas?
6. *Solemate* is described as a practical roadmap to mastering the art of aloneness—one that involves a step-by-step process. Let's talk a little bit about that process. What kinds of steps does it involve? And what kinds of tools do you employ to guide the reader through it?
7. One of *Solemate*'s chapters is titled, *Living Deliberately Versus By Default*. What is living by default? How do you go about living deliberately and what are the benefits?
8. You write about "reclaiming your innate wholeness," "uncovering your authentic self" and over-riding self-defeating patterns and limiting beliefs of your life conditioning. Why are these steps so central to mastering the art of aloneness?
9. You use the word transformative to describe this process. Can you talk about how and why the results are so dramatic?
10. Where do strategic business practices come into the picture? What compelled you to include them in a book about personal transformation and how do you use them in the book?



Look for ***Solemate*** on Amazon or in bookstores everywhere

For other pre-show questions or information send an email to [info@laurenmackler.com](mailto:info@laurenmackler.com) or call (617) 244-6420.