

Mindfulness Meditation Made Simple:

Your Guide to Finding True Inner Peace

By Charles A. Francis

Sample Interview Questions

1. What is mindfulness meditation?
2. Why should anyone practice mindfulness meditation? What are the benefits?
3. What was your inspiration for writing Mindfulness Meditation Made Simple?
4. In your book, you talk about the 12 Steps of the Mindfulness Meditation Practice. What are they, and how do they work?
5. How can someone get started with meditation? Do you have any tips for someone new to the practice?
6. What are some of the challenges for beginners, and how do they overcome them?
7. In your book, you mention an exercise called writing meditation. What is it, and how does it work?