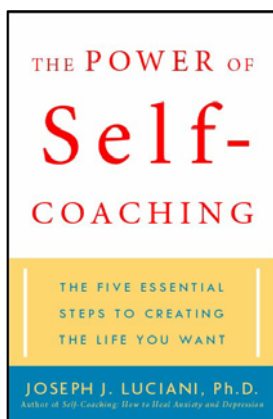


Suggested Media Questions for Dr. Joseph Luciani
Author of
The Power of Self-Coaching: The Five Essential Steps to Creating the
Life You Want

1. Do you think we're really so depressed and unhappy? Or do we just think we are?
2. What perpetuates our fears and anxieties? Are there environmental issues or is it all just me?
3. What is Self-Coaching – is it just talking to myself?
4. What makes it so effective and different from other self help books?
5. Is it easy to do?
6. You talk about five essential steps – what are they and what do they mean?
7. Can you guarantee readers success if they follow your methods?
8. Control and Habit – why are these things so important to understand? What part do they play in helping us create the life we want?
9. You say “we have to be active participants in our own thinking” – aren't we already doing that?
10. How did your life experiences play a part in developing your concept of Self-Coaching?
11. We are a heavily medicated society: Do you think there is a need for medications that deal with anxiety and depression or are we over-medicated?



The Power of Self Coaching:
The Five Essential Steps to Creating the Life You Want
By Joseph Luciani, PhD.
John Wiley & Sons, Inc.;
July 2004, \$15.95

For more information or to schedule an interview with Dr. Luciani contact:

Lisa Ekus
Lisa Ekus Public Relations
413-247-9325
Lcecooks@LisaEkus.com

- OR -

Trina Kaye
310-915-0970
TrinaKaye@tkopr.com