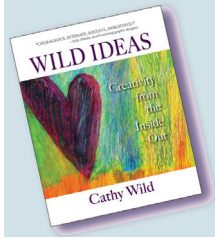


Sample interview questions



For **Cathy Wild** author of

Wild Ideas -- Creativity from the Inside Out

1. Cathy, you describe yourself as a counselor, creator & catalyst—can you tell us what inspired you to write a book about the creative process?
2. In your definition of creativity, are we talking about artistic pursuits? Or does the “creative process” crossover into personal or professional development?
3. Many people don’t consider themselves creative, how does understanding the creative process from the inside out teach us how to live our lives?
4. You interweave your own personal challenges with the creative process into *Wild Ideas*. Of the many experiences you share, which one do you consider a key turning-point?
5. Most books about creativity and personal growth emphasize our “unlimited potential” as human beings. In *Wild Ideas* you take a different approach in writing about the concept of “fertile limits” as a springboard for the creative journey. Can you explain what you mean by that?
6. I understand *Wild Ideas* draws upon your work as a counselor. Can you tell us about your **Body-Centered Healing** counseling practice?
7. What are some of the most profound changes you’ve seen clients make as a result of these **Body-Centered Healing** sessions?
8. The headline on the back of your book says: “Dive Deep and Discover the Life-changing Power of Wild Ideas!” A lot of self-help books claim to change people lives. What kind of personal impact can people expect from reading *Wild Ideas*?
9. Overall, how does your approach to creativity differ from the way other authors have tackled this subject?
10. The book was just published mid-January, where can people learn more and where can they buy the book?

Wild Ideas Creativity from the Inside Out

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