

## Questions for Podcast Hosts

Hello,

Thank you again for inviting me to be a guest on your podcast. I'm thrilled to discuss the topics presented in my book, *Better Daily Mindfulness Habits: Simple Changes with Lifelong Impact* (Rockridge Press: July 13, 2021).

If it's helpful, I've created some questions for you to use during the interview.

~ Kristen Manieri

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What inspired you to write a book about mindfulness habits?

In your book, you write about the barriers to mindfulness. What are they and why do you think it's important to address them when someone is trying to create a more mindful life?

Why does mindfulness matter?

You write in the book that mindfulness is about peace and calm, but it's also about how you show up in the world. Can you share more about that?

Why would someone want to do more than meditate when trying to become more mindful?

What is the "mindfulness mindset"?

How do we build habits? What is the habit-building methodology you teach?

Why is rewarding a behavior so important?

What is self-directed neuroplasticity and why should we care about it?

How do we break bad habits?

Why is it important to start small and scale carefully when it comes to behavior change?

Why do you write in your book that it's important to have a researcher or scientist mindset/approach for behavior change and habit-building?

What are some mindfulness habits related to being more present in the body?

How can we eat more mindfully?

Why is mindfulness at work important and how can we do it?

How can we build more presence in our relationships?

What are some of your go-to practices for managing stress more mindfully?

How can we learn to be more mindful with technology and our devices?

What are some easy next steps for anyone wanting to create a more mindful life?

### **BOOK DETAILS**

Title: Better Daily Mindfulness Habits: Simple Changes with Lifelong Impact

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