

Interview Topics

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All aspects of the creative life:

- Increasing creativity
- Breaking through blocks
- Fashioning a career in the arts
- Dealing with anxiety
- Dealing with depression
- Dealing with addiction

All aspects of creativity coaching:

- Creativity coaching as a profession
- Becoming a creativity coach
- Working as a client with a creativity coach
- The Creativity Coaching Association
- Creativity coaching in business
- Creativity coaching in the schools

All aspects of living purposefully:

- How to find direction and make meaning
- The challenges of making meaning
- How meaning-making heals depression
- How meaning-making heals addiction
- How meaning-making heals anxiety
- How to live a righteous life without gods

All aspects of mindfulness:

- Traditional mindfulness
- Creative mindfulness
- Ten Zen Second techniques
- Mindfulness techniques for the creative person
- Creating islands of mindfulness
- Creating a mindfulness practice

All aspects of existential depression:

- Why depression isn't only a bio-psycho-social thing
- The definition of existential depression
- Why is existential depression ignored?
- Who suffers from existential depression?
- How do you treat existential depression?
- Who treats existential depression?