

Interview Questions for Author Tim Atkinson

1. Why did you write this book?
2. What there any one person who was the inspiration for the book?
3. In the book, you say that you were uncomfortable with the way mindfulness was taught. Why do you feel that way?
4. What is the most important thing readers will learn from reading your book?
5. People listening to this often struggle with anxiety. What advice can you give them to deal with that?
6. When do you write? Is it easier to write in the morning or at night?
7. Who is your favorite Christian author?
8. Where can we buy your book?