



Soul Solitude

Taking time for our souls to catch up

by Rhoberta Shaler, PhD & G. Charles Andersen, MA

GUEST:

Dr. Rhoberta Shaler,
Transpersonal Psychologist,
Speaker, Consultant &
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DESCRIPTION:

If you are looking for more than chicken soup, this book is the main course! If you are stressed, rushed or frantic, this book will give you valuable, practical insights into releasing and relieving the tensions of life once and for all. If you know in your heart there is more to life than what you are experiencing now, the practical, effective principles in these pages will break the unseen chains of limitation.

Transform your life by mastering the power of presence, purpose and possibility. Soul Solitude offers the missing peace and pieces that make you whole.

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PUBLISHED BY: Humana Publishing, 2008

TO ORDER: Your local bookstore or www.SoulSolitude.com

WEBSITE: www.SoulSolitude.com

BACKGROUND MATERIAL AND BENEFITS: See attached pdf.

QUESTIONS:

1. The title of your book suggests that we are not taking time for our souls to catch up. Why do you think this is true?
2. We seem to live in a society where competition is king and stress is queen. Everyone is doing it. Do you honestly think it is possible to give up competition and stress and be successful?
3. You talk about two major problems. What are they and why are they the main focal points?
4. Many people talk about purpose. You have a different take on it. Tell us about that.
5. What is your favorite page in the book?
6. Most of think that home, work and family are the major areas we need to address. Your book tells us that there are many more. That sounds stressful! What are these arenas of life you write about?
7. Can I honestly pay attention to all nine of them at once? Won't that just make me more stressed?
8. How can I know when I'm being successful?
9. Why is this an issue?
10. What one thing can our listeners do right away to receive the benefits of Soul Solitude?
11. You write about an online instrument that allows us to understand ourselves in new ways and improve relationships directly. What is it and how does it work?
12. Where can folks buy the book?
13. Can they work with you directly if they are ready to create the life they most want?
14. What is your website address?