



Kathy Carlton
WILLIS
Communications

Author: Julie Morris and Sarah Morris Cherry
Book: *Guided By Him*

INTERVIEW SHEET

1. It seems like everyone is endorsing, writing or following some kind of diet plan these days. What prompted you to write *Guided By Him*, when there are already so many programs out there?
2. The chapter titles are quite lighthearted. Why do you take a "lite" approach to losing weight?
3. Great emphasis is placed on God's Word, a personal relationship with God and the power of God in your book. Explain to our listeners why this is so important to reducing weight and worry.
4. You introduce 12 Steps for weight loss in your book. Briefly describe the process and importance of these steps.
5. Is this book a group study or something individuals can do in the privacy of their own homes?
6. You offer many practical tips, called Stepping Stones, to encourage participants to make intentional choices regarding food. Share a few of these with us.
7. You're a mother/daughter duo. You both bring years of experience to the writing table. How did your careers help you in the writing process of *Guided By Him*?
8. Sarah, you used the *Guided By Him* plan to help you overcome some health issues rather than to lose weight. Can you tell our audience more about this?
9. When a reader finishes your book, what is the take-away value?
10. Motivation abounds when weight-loss plans first start. What advice do you give to prevent discouragement, so the participant doesn't quit?

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