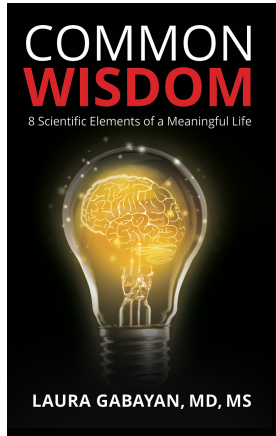


SAMPLE INTERVIEW QUESTIONS

For Dr. Laura Gabayan, Bestselling Author, “Common Wisdom”



1. What was the life-changing moment that made you shift from being a Physician and ER Doctor to doing a new research study on what makes people “wise”?
2. How did you set up The Wisdom Research Project, that is now summarized in your new “Common Wisdom” book?
3. What are the 8 elements or life skills that you scientifically identified in your study that are featured in your new book?

*Based on our study, I scientifically defined wisdom as 8 intertwined traits that together give someone wisdom and help them build a great life, including: **Resilience, Kindness, Positivity, Spirituality, Humility, Tolerance, Creativity, and Curiosity (in that order).***
4. Can you give an example of someone who you interviewed that is in the Resilience chapter, and what you learned from them? (This question can apply to all 8 life skills.)
5. How does your "Common Wisdom" book help people find More Joy, Happiness and Success?
6. What are 3 of your top tips for finding more Inner Peace?
7. How do the “Things to Ask Yourself” exercises at the end of each chapter in your book help someone increase their confidence and master these 8 life skills?
8. What surprised you most when you did your study and book?
9. How did your life perspective change through your research and book writing process?
10. What are your favorite mantras from people who you interviewed for your study - or your own mantras to live by?