

THE CALM CODE



WILSON RIDGE
PUBLISHING

Dr. Annie White

SAMPLE QUESTIONS

1. Can you give us a simple analogy of how neuroplasticity works in the brain?
2. You say we can train our minds to be calm, happy, and balanced. How is that possible?
3. How did you discover your method?
4. Do you have personal experience using your method?
5. Will you show us the breathing technique that can activate our calm nervous system on the spot?
6. Talk to me about neuroplasticity. Why do we care?
7. Why does stress ruin relationships?
8. How can stress silently damage your health?
9. What are some early signs that stress is starting to damage our health?
10. You said that during your research, you came across a statistic that shocked you - what was it?
11. What are some health dangers of high stress?
12. Why did you decide to write this book?
13. Show us one (or a couple) of your tools that lower stress.