

# Possible Interview Questions

- It used to be that only certain industries were considered high pressure. Now it seems that almost all work environments are. What's going on?
- The intent of technology is to make our lives easier and to give us re free time, yet we've become addicted to it. It seems we can't live without it yet we aren't living well with it. What's the solution?
- What's the difference between pressure and stress?
- The usual prescription for stress reduction is exercise, meditation , plenty of sleep and a good diet. yet, in your book, Stress Less Achieve More, you say that often this is not enough. Would you please explain.
- What is mindfulness in action? How is it different from the usual mindfulness training?
- In your book you mention a formula for self- mastery. What is it and why is it important in turning pressure into a positive force in your life?
- What are some simple techniques people can use at work to help them deal with the pressure?
- What can an organization do to relive at least some of the stress their employees experience?