

Interview Questions for Carl Greer, PhD, PsyD, for *Change the Story of Your Health: Using Shamanic and Jungian Techniques for Healing*

1. Your book is called *Change the Story of Your Health*. What is a person's story of her health?
2. Have you used the practices in your book to affect your own health story at some point, and how did that work out for you?
3. Your previous book, which won three book awards, was called *Change Your Story, Change Your Life*. Why did you choose to focus this time on people's health stories and how to transform them?
4. You offer a lot of journaling exercises with questions that include "if there's a saying, song, book, or movie title that expresses your story about this aspect of your health, what would it be." A couple examples are "Keep on keeping on, no matter the cost" and "I deserve it, I earned it, I'm eating it!" This sounds like fun, but can you tell us a bit about why it might be very helpful to think of a title or song that sums up what your attitude and experience of your health is?
5. You talk about dancing your health story to learn more about what you've experienced and to gain some insights about, for example, your feelings about aging, or losing some of your strength and stamina after an injury. What would dancing your health story involve?
6. You also offer something you call expanded-awareness practices that can help people gain insights and energies for healing. Can you talk a little about one of those practices and how a person could use it to change his or her health story?
7. You talk about an inner healer we all have. What is that exactly?
8. How can we work with our inner healer to learn something about our health that we might not discover otherwise?
9. Many of your expanded-awareness exercises involve posing the questions, "What do I need to release or let go of?" and "What do I need to bring in?" to achieve better health. What's behind asking those two questions?

10. Often, we don't think about our health until we have a crisis, such as getting a cancer diagnosis. How might someone who is suddenly dealing with bad news about their health use your book to help them deal with this situation?