

## **Suggested Interview Questions**

Can you describe your experience with depression?

Can you explain what an ego-death feels like?

What was life like without a voice in your head?

How did a silent mind help with depression?

When the voice in your head started to talk again – how was it different?

How did you come up with your theory of how the mind evolved?

Can you explain your theory to me in simple words?

What steps can people take to experience a silent mind for themselves?

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[www.TheGregariousHermit.com](http://www.TheGregariousHermit.com)