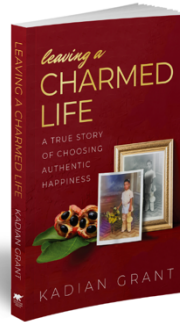


Leaving a
**CHARMED
LIFE**
KADIAN GRANT



Possible Interview Questions with the Author

Kadian Grant

Leaving a Charmed Life:

The True Story of Choosing Authentic Happiness

www.KadianGrant.com

1. What prompted you to write your memoir? What kind of courage did it take?
2. **Leaving**—versus **living**—a charmed life is a surprising title. What do you mean by choosing to leave a charmed life?
3. In what ways is Jamaica a critical component of your story?
4. What was the impact (or significance) of your childhood move to the United States (on your journey to authentic happiness)?
5. What made you embark on this journey you call “choosing authentic happiness”? What was happening in your life at the time?
6. How does your relationship with your parents, especially your mother, become a catalyst for change?
7. Your childhood nickname was Charm, and she seems to be a separate character than you, Kadian. What is the relationship between Charm and Kadian? Do we all have our own versions of an inner Charm or Kadian?
8. What is that amazing fruit on the cover? Tell us about its significance.

Hopes for Your Readers

9. What are your hopes for the book?
10. What is something that surprised you about the book or its reception?
11. What will/do readers find the most surprising about your story?
12. What would you like the reader to experience and/or take away?

Facing the Truth about Generational Trauma

13. There's a question on the back of your book that says "What good is leaving generational wealth when you and your loved ones are stuck in generational traumas?" How does this apply to what you see in today's world?
14. What do you mean by generational patterns? Why is it important to recognize and address these patterns? Would you call this ancestral healing?
15. What (about your story) would you share with or highlight for others who are struggling—with abuse, depression, and/or what you might call a facade life?
16. What do most parents and those in older generations misunderstand about their choices and their effects? How can they start to change patterns? What do you recommend they do to help themselves and those close to them? How can they overcome potential guilt, fear, shame, and so on associated with past choices?
17. For children and those in younger generations, what is the best thing they can do if they find themselves on the receiving end of a painful pattern?
18. What do you mean by healthy or unhealthy unloading?

On Becoming an Author

19. What did your children and family share with you after reading your memoir?
20. Your book contains some of your own poetry. Tell us more about that.
21. Did you find writing your memoir a cathartic experience?
22. What are your plans now to create a conversation with your book?