

Recommended Interview Topics and Questions

As a busy mother of three active sons and owner of her own media company, Beth is well equipped to handle a diverse array of interview topics related both to Real Moms Love to Eat and her personal journey that has led toward the publishing of her book.

Related to her journey towards creating the Real Moms Love to Eat brand:

As a former PBS television host and radio host who experienced a terrible car accident that dramatically changed her life, Beth knows all about the frustration and struggles of having to quit something you love to do and the life path transitions that take place. Beth will openly share her experience and how she learned to listen to her own intuition and become in tune with what she was meant to do with her life. This topic will ring true for most women who are experiencing transitions in their lives from marriage and children to career changes and exploring new adventures.

How did you come up with the idea of your media company, For Her Information Media, LLC?

What was it like to produce your own television series and magazine? What advice would you give someone who wants to do the same?

Tell us a little bit about the Institute for Integrative Nutrition where you studied Holistic Health Counseling?

How do you do it all? Three active sons, your own nutrition company, former magazine, PBS series, and media tours. What's the best advice you would give someone who wants to study holistic nutrition?

How did you come up with the idea for the book?

How did you find an agent?

Explain the process of creating a book proposal and getting a publisher.

What are your favorite recipes from the book?

The book talks about food nostalgia and memories. What are some of yours?

Do you really drink green smoothies? How did you start that "healthy" habit?

What are your three top tips you would give to most moms about eating healthy?