

## **SUGGESTED INTERVIEW QUESTIONS FOR RUTH GERATH**

**Author of**

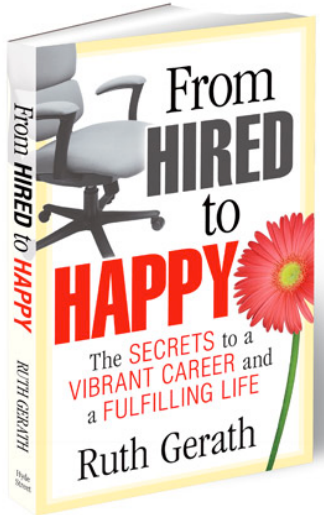
### **FROM HIRED TO HAPPY:**

### ***THE SECRETS TO A VIBRANT CAREER AND A FULFILLING LIFE***

1. Why did you write this book? Did you have to work at becoming happier yourself?
2. Happiness is becoming a more mainstream topic. Why do you think this is happening now?
3. Is the idea of being happy just fluff? What does happiness really mean and why should we take it seriously?
4. In your book you mention that scientific research shows we can increase our levels of happiness. Can you please explain that?
4. Ruth, you talk about naturally happy people having certain characteristics. What are they and what can we learn from them.
6. Why is being happy at work important and how does it impact someone's career?
7. One of the things you show people in the book is how to become happier by becoming aware of their thoughts, which leads to emotions. Can you elaborate on that?
8. You talk about the skills that are most important to building a strong career. What are some of those skills and why are they so important?
9. The book contains many stories that you collected through interviews with business leads and professionals. What were some of the key things that you learned personally while conducting the interviews?
9. What is the importance to our lives, our work, and those around us of our shifting towards becoming happier?

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The Secrets to a Vibrant Career and a  
Fulfilling Life***

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