**Suggested Interview Questions for Nancy Colier**

Author of *THE POWER OF OFF*

1. You admit to being addicted to technology - that’s one of the reasons that you wrote this book.  Can you give us a sense of your addiction and what it was like for you - before you transformed it?

2. You say that our society has an addiction to technology and that it’s no different than an addiction to food, sex, drugs and alcohol.

Can you explain how an addiction to one’s phone is just as serious as a drug or alcohol addiction?

3. What are signs that one is addicted to technology?

4. You use the term TWIRED - tell us what it is and how it feels to be “Twired."

5. You are not advocating NOT to use technology, but how to have a healthy relationship.  How does one go from full force addiction to living a balanced healthy life along with technology?

6. Is it true that studies show people would rather give up their friends, wine, even sex for a wi-fi connection?

7. You say that technology is the antithesis of mindfulness, and that our culture’s recent interest in yoga is a result of technology making us feel disconnected. Can you explain?

8. You talk about loosing a connection with our “self,” and how our obsession with our “personal brand” is very unhealthy. Can you please explain what you mean?

9. How can parents and teachers be of benefit to our children to help them learn to live “with technology” and not “for technology” as you might say?

10. Where can people get more information?