

Interview Questions for Terry Folks

1. What inspired you to write *Another Spring*?
2. Why did this book feel important to publish at this moment in time?
3. You describe your work as “spiritually integrated psychotherapy.” What does that mean, and how does it differ from traditional therapy?
4. When someone first opens *Another Spring*, what kind of journey are they beginning?
5. If a reader commits to working through the book over the course of a year, what kinds of changes or insights might they experience?
6. Many people today are searching for meaning and balance. What do you think is missing in how we approach emotional and spiritual well-being?
7. Your book is structured around the seasons. Why did you choose a seasonal framework for healing and personal growth?
8. What are some of the most common struggles you see women facing in your therapy practice today?
9. For someone who feels overwhelmed or stuck in their life right now, what is one simple place they could begin?
10. If readers take away only one message from *Another Spring*, what do you hope it will be?
11. You write that healing comes from within. What does that look like in everyday life for someone who is just beginning this journey?
12. Your book reminds readers that “there will always be another spring.” What does that message mean for people going through difficult seasons in their lives?