

TO BE ENLIGHTENED
by Alan J. Steinberg
MEDIA QUESTIONS

1. What is your book about? What is the storyline?
2. What prompted you to write this book?
3. You have described your novel as a “cosmic love story.” Would you say more about that?
4. The title of your novel is *To Be Enlightened*. How do you define “Enlightenment”?
5. You said that you wanted the book to be a sort of philosophical treatise. What is its thesis? Is that also the main message of your book?
6. The book refers to many great writers and thinkers of Eastern and Western Philosophy. What books have inspired you the most over the years?
7. You have been a lifelong meditator. How did you get started? And what has kept you going with it?
8. How has meditation helped your life?
9. Do you ever prescribe meditation to your patients?
10. Is there an advantage to being younger on a spiritual path? Are there advantages to seeking, as we get older?
11. What advice do you have for someone who wants to get on a spiritual path?
12. What advice do you have for someone who wants to write a novel?
13. Why this book now? Is there a particular timeliness for it?
14. Who do you think is the main audience for the book?

15. What is next for you?