

Suggested Interview Questions for Therese Borchard
author of *Beyond Blue: Surviving Depression and Anxiety* and *Making the Most of Bad Genes*

What can be done to end the stigma around depression and mental illness?

Your blog, “Beyond Blue,” is one of the highest-trafficked on Beliefnet.com. Why do you think it’s so popular? What have you learned from your readers?

Why do you feel so strongly about being an advocate for those who struggle with these disorders?

What are some of the techniques you’ve used in your recovery?

You’ve gone through a few doctors and a couple dozen med combinations, including “Pharma King” who had you taking 16 pills a day. What is your advice to people suffering from mental illness on how to find the right doctor and the right meds?

What was your experience with postpartum depression?

Why do you say motherhood is like mental illness?

How has your illness affected your marriage, children, and friendships?

Your book is packed with practical advice, steps and tips on a variety of ways to stay sane. Share with us some of your favorite “sanity breaks.”

How has your sense of humor helped you?

Has your faith helped or hindered your progress?

Why do you say, tongue-in-cheek, that “Catholicism is the most suitable religion for the mentally ill”?

Can alternative therapies such as meditation, massage, vitamin supplements, etc., help with depression?

What is dangerous about the attitude of some alternative therapy proponents?

With all the debate about healthcare reform lately, how would you like to see the health insurance industry reform its approach to mental illness?

What do you hope that readers will take away from your book?

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