

AUTHOR QUESTIONS
NATASHA KOGAN
THE DARING FEMALE'S GUIDE TO ECSTATIC LIVING:
30 Dares for a More Gutsy and Fulfilling Life

1. What prompted you to write your new book, **THE DARING FEMALE'S GUIDE TO ECSTATIC LIVING: 30 Dares to a More Gutsy and Fulfilling Life**?
2. Are you a risk taker by nature? What's the best way to foster a habit for daring in life?
3. How did your early experience as a young émigré (from Russia) in the United States influence your ideas about risk taking?
4. In your experience, do you believe women are less apt than men to take risks? Are men "hard-wired" for daring and women for security?
5. Describe some of dares – big and small – you've given yourself over the years.
6. **THE DARING FEMALE'S GUIDE TO ECSTATIC LIVING** offers some small dares, challenges that take only minutes a day. Can you describe some of these? Explain your belief in the life-changing power of actions that require only minutes a day?
7. Have you ever dared a friend to take on a significant life challenge?
8. Can you share with us some of the inspirational "daring" stories you've heard from the many women you've talked to in research for this book as well as the women who visit your website, www.daringfemale.com?
9. Who are some your daring female heroines?
10. In **THE DARING FEMALE'S GUIDE TO ECSTATIC LIVING**, you talk about how important it is for a woman to learn to laugh at herself. Why is this such an important quality to emulate?
11. What kinds of dares can a woman who is frightened she'll fail give herself? If she needs to infuse herself with more joy and laughter? If she's got a self-defeating tape playing over and over in her head?

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