

## Suggested Interview Questions

1. Sora, why do you call yourself a No Diet, Weight-Loss Expert?

I'm a No Diet, Weight-Loss Expert because over 20 years ago I stopped dieting and journaled all my eating experiences. In that process, I lost 25 pounds which I've kept off to this day.

As an educator, I then took the information that I learned from journaling and transferred my classroom "management" techniques (I taught really challenged inner city kids at the same time) to food-thought "management" techniques and as a result developed Sora's Weight Loss "Management" Program. Sora's Weight Loss "Management" Program is a no diet "food-thought" management program that lets you eat what you want, stop when you want and become forever thin and healthy all without having to diet. I've been coaching this no-diet program for the last 20 years and so I am a No Diet Expert.

2. Sora, why do some foods get a bad rap and are there really such things as “bad” foods?

Some foods get a really bad rap and it’s not because they’re “bad” food, (unless you have a particular medical condition *and you need to monitor what you eat*). Sora’s Weight Loss “Mangement” Program says that the reason that some foods are called “bad” is because people don’t feel that they can comfortably eat these kinds of food and always be able to stop themselves. So they name these “hard to stop eating foods, bad!”

### 3. So Sora, why don't diets work?

Diets don't work because they're someone else's rules. You're told to basically ignore your own food-thoughts, have the foods that the diet tells you to have and in the amounts that they tell you to have. Then, at some point, while on your diet, you're either going to "diet" binge or "diet" overeat (depending on what you call it) to escape the rules of your diet. But after you've done that you're probably going to feel depressed, experience low self-esteem in addition to low self-trust. Then, more than likely, *you're probably going to return to the rules of your diet, knowing full well (lurking somewhere in the back of your mind) that there's another "diet" binge just waiting to happen.*

So that's why diets don't work! Diets don't work because they're not *your* rules. *They don't teach you **to have the foods that you'd really like to have and be able to eat and stop yourself.***

4. Sora, you say that people who struggle with a weight problem are food-thought challenged.

What do you mean by that?

Sora's Weight Loss "Management" Program does say that a person with a weight problem is food-thought challenged. Program says that a person with a weight problem thinks more about food on average than a person without a weight problem and that's what food-thought challenged means.

5. Sora, how does Sora's Weight Loss "Management" Program let you manage your overactive, food-thought life?

Sora's Weight Loss "Management" Program teaches you how to eat what you want and stop when you want and always feel satisfied. As a result, you'll be *thinking* less about food, will *eat* less food and become forever thin and healthy all without having to diet.

6. Sora, how does The Program let you do that?

When using Sora's Weight Loss "Management" Program you'll be using either The "Green" Technique or The "Red" Technique to be able to eat and stop yourself.

When using *either* eat and stop yourself technique you'll first have to ask yourself "How much is enough?"

Then once you've decided how much of the food that you want is enough you'll be able to use either "technique" to know that you've eaten and stopped yourself.

7. Sora, what makes The “Green” and The “Red” Technique so special?

Both eat and stop yourself techniques teach you that by having “enough” of the food that you want that you can eat and stop yourself with no sense of “dieting” deprivation. Learning that you can have “enough”, be able to stop yourself and be OK-*is what makes the two techniques so special.*

8. Sora, what makes your no diet, weight-loss program different from any other no diet, weight-loss program that is on the market?

Sora's Weight Loss "Management" Program is the only no-diet, weight loss "management" program that lets you consistently eat "enough" of any food that you want and always know that you can stop yourself. So when using this eat and stop yourself process you'll have the choice to think *less* about food, eat *less* food and become forever thin and healthy *all without having to diet. There is no other no-diet, weight loss program on the market that gives you those choices which all lead to peace with food as well as a non-dieted and healthy weight-loss. None.*



9. Sora, you say, “that your program lets you make peace with your food-thoughts as well as the “real” food that you eat.” How does that happen?

When you struggle with a weight challenge you don’t have peace with your food-thoughts (since you’re not able to stop thinking about them when you decide that you want to) which results in not being able to manage the “real” food that you’re having (that is being able to stop eating the “real” food) when you decide that you want to.

The end result of this food-thought “overthinking” (which leaves you with an overweight mind) and therefore resulting in “real” food overeating is that you’re left with a weight problem.

There is no peace, just angst.

But once you learn to use Sora’s Weight Loss “Management” Program you feel that you manage your food-thoughts (stop thinking about them when you decide), you know that you can now manage your “real” food choices (because you can stop eating when you decide) and as a result you feel that you have a managed weight challenge.

So there is peace, no angst.

That’s a good thing!

10. Sora, is your no diet, weight- loss program easy to use?

Sora's Weight Loss "Management" Program is very easy to use. All you have to do before you eat the food that you want is to decide whether you want to use The "Green" or The "Red" Technique and then ask yourself How much is enough? (regardless of the technique that you chose to use) and that lets you know that you have eaten and stopped yourself. That's it.