

*Suggested Discussion and Interview Topics for*  
**Trisha (Adelena) Howell, MA, MA, MA**

*Author of*

**The Princess and the Pekinese**  
**The Pekinese Who Saved Civilization**  
**Living In A Glowing World: Poems For Every Season**  
**The Adventures of Melon and Turnip**  
*and*

**The Journeying Workbook: Adventuring to Unleash Your Inner Power**

**THE JOYS AND RESPONSIBILITIES OF PET OWNERSHIP**

How domestic animals support, teach, and inspire humans, what an owner's commitments and responsibilities are, how to expand your horizons through pets.

**101 THINGS AN ANIMAL COMPANION CAN DO FOR YOUR FAMILY**

There are an astounding number of ways in which having animals in your home can benefit everyone in your family. Find out what they are!

**ARE KIDS RAISED WITH ANIMALS BETTER ADJUSTED?**

Are kids raised with companion animals happier, smarter, friendlier, more compassionate, more responsible, more mature, healthier, etc. than those who are not?

**THE POWER OF ANIMAL COMPANIONSHIP**

The great gifts that animals offer us and how association with them improves our physical, mental, and emotional well-being, including the various ways pets positively impact human lives and how to get the most out of your relationship with your animal companion.

**HEALTH TIPS FOR YOUR PET**

Ways to keep you pet in top shape physically, mentally, and emotionally, including tips on diet, exercise, play, massage, learning, and affection.

**TRAINING TIPS FOR YOUR PET**

An integrated approach to basic training and obedience, including a complete 7-week program in training your dog.

**LOVE TIPS FOR YOUR PET**

How to keep your pet happy and fulfilled, even if s/he has been neutered or spayed, including how to choose the right special companion for your pet, how to make the most of friendships between pets, and what to do if your pet is gay.

**THE SECRETS OF COMEDY WRITING**

What comedy is and how it functions, types of comic stories, the four essential steps to writing comedy, the ten commandments of comedy writing, various techniques for creating jokes and other comic devises, a long list of humor tools, and more.

### **HOW TO WRITE POETRY AND HAVE FUN**

How to find and develop ideas, choose a poetic form, use exercises to generate your poem, use general and specific tools to make your poem truly moving and memorable, how to revise and market your poem, and what writing poetry is really about.

**THE MAKING OF MELON AND TURNIP: CREATING A CHILDREN'S PICTURE BOOK** Fascinating process of how a picture book goes from initial idea to character and story development, then to illustration, design, printing, and marketing.

### **HOW TO TRANSFORM YOUR LIFE THROUGH JOURNEYING**

The benefits, techniques, and life-changing adventures of shamanic journeying and how to easily integrate this powerful tool into your life to produce endless positive results.

### **HOW TO BALANCE YOUR ENERGY**

What the various elements in nature are (Water, Air, Wood, Fire, Earth, Metal), how they are present in the human body, and how to strengthen each of them within you.

### **HOW TO OPTIMIZE YOUR RELATIONSHIPS**

The uses and benefits of the Ho O Pono Pono technique to clear old relationships and to re-establish current relationships on a healthier basis.

### **THE ULTIMATE MEDITATION**

Swamiji's Heart Meditation, how to do it, and how it surpasses all the numerous meditation techniques Ms. Howell has studied over the past thirty years.

### **THE SECRETS OF CREATING YOUR OWN BOOK**

How to find and develop good book ideas, write a good book, and find the right editor, illustrator, page designer, printer, endorsers, reviewers, marketers, and distributors.

### **THE SECRETS OF SUCCESSFULLY PUBLISHING YOUR OWN BOOK**

How to create your book, get reviews, market it in all venues, enter contests, find opportunities to do presentations, readings, and signings, and sell directly to the reader.