

MEDIA QUESTIONS: THE HEALING POWER OF DOODLING - Carol Edmonston

1. You're a two-time breast cancer survivor and a part-time doodler. The one is as serious as life can get, and the other sounds totally frivolous. What's the connection between the two?
2. Most of us doodle—at meetings, on the phone and it's no big deal. But you think differently about doodling. Tell us about that.
- 3 Your book is full of doodle art. But what if we're not artistically gifted? Can we still do this?
4. Are there any rules to follow for doodling?
5. Can we still reap the rewards of doodling in our everyday lives even if we don't have a trauma or life-threatening illness?
6. You've been practicing meditation since 1988. Is doodling a form of meditation too?
7. Many baby boomers are finding themselves in the roles of caregivers for elderly parents. Can doodling help deal with the stress often associated with that role?
8. You've worked with kids. How can doodling help kids focus and reduce hyperactivity?
8. During the time that you discovered doodling, you were cured not only of breast cancer, but of something else as well. Tell us about it.
9. Talk about your perspective of breast cancer as being a positive and uplifting experience.
10. You've said that gifts come to us in unexpected places. What is the greatest gift you received from cancer?
11. Tell us about your new book *The Healing Power of Doodling* and your website and how people can contact you for information about workshops and speaking.