

Interview Resources for Javier “Javy” Wong Galindo

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Book-Specific Sample Interview Questions

- In a nutshell, what is the premise for *Authentic Happiness in Seven Emails*? What is the book about?
- How did you come up with the concept of *Authentic Happiness in Seven Emails*?
- Why is a book about the psychology of happiness referred to as a “philosopher’s guide”?
- Can you briefly explain what is in each of the seven emails?
- Why should somebody read this book? Who should read it?
- Where can we get a copy of *Authentic Happiness in Seven Emails*?

General Happiness Sample Interview Questions

- What is authentic happiness? What other kinds are there?
- What is the best way to pursue happiness?
- Lots of self-help books emphasize positive thinking and choosing happiness. Is happiness really a choice? It doesn’t seem that easy.
- What is the key to experiencing more peace and less unhappiness?
- Is the pursuit of pleasure bad? How can we bring more joy into our lives in a healthy way?
- So many people feel unfulfilled and dissatisfied. Why is that and what can we do about it?
- There seems to be a growing existential crisis, particularly in western industrialized nations, with people searching for meaning and purpose in their lives. What is the root of this? Can you explain what can be done about it?
- How did you get interested in the psychology of happiness?
- What is your personal experience with authentic happiness?

Sample Interview or Article Topics

- **Choosing Authentic Happiness:** *The 3 Unconventional Truths about Happiness*
- **A Happy Life Simplified:** *The 4 key skills for long-term happiness.*
- **Living with Purpose and Meaning:** *Three approaches for experiencing a fulfilling life.*

Short Bio: Javy Wong Galindo, M.A., M.Eng., is currently a popular Humanities and Social Science professor at John F. Kennedy University and De Anza College, located in the heart of Silicon Valley. His latest book, based on his graduate course on the psychology of happiness, is entitled *Authentic Happiness in Seven Emails: A philosopher’s simple guide to the psychology of joy, satisfaction, and a meaningful life*. Javy is also the author of the popular creative thinking manual *The Power of Thinking Differently: An imaginative guide to creativity, change, and the discovery of new ideas*. For more information visit www.JavyGalindo.com.

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