

## author q&a (1/3)

### the me you want to be roger haskett

#### Why should our audience read 'the me you want to be'?

- It is fun and engaging.
- It is about your favourite topic: YOU. Discussed through my favourite topic: ME
- You will confront and resolve issues that likely have plagued your entire life
- Who doesn't want to be 'the me you want to be'? Aren't we extremely aware of the gap between who we are and who we want to be? And aren't we constantly trying to narrow that gap?
- You will learn to live your life with intention and watch the results.

#### How will reading/listening to 'the me you want to be' change the minds or hearts or lives of our audience?

The purpose of the book is to change the minds and hearts and lives of those who engage with it.

In particular, I focus on internal power since that shifting foundation determines how we respond to life. I consider internal power as the foundation upon which you decide whether you can do a thing or not. Whether you will take a chance or not. Whether you will be bigger than you think you can be or smaller than you really are.

#### Is the me you want to be a result of your experiences, research, expertise, or something else?

Yes - to all of the above.

At first, this book grew out of what I taught to actors as a method of dealing with common audition issues like stress management, confidence, creating a healthy process, not going crazy due to overwhelming stress etc. But I quickly realized that it didn't stop there. The stress that I felt in life was not limited to acting. Quite the contrary. My life was stressful with or without acting. I wanted to get better at handling that life stress.

I've tied neuroscience, current research and my expertise and experiences into a book that helps you create 'the me you want to be' while experiencing life's stresses.

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## author q&a (continued 2/3)

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#### What are the key takeaways you hope readers have?

Here are a few examples of what's inside to get you interested:

- How to create your internal power
- How to use the Power of Play to revolutionize your life
- Fight to be Positive - because humans have a hard-wired negative bias that we carry with us
- Poo on your shoe - meaning that other people's immediate reality will ALWAYS trump your reality
- Why better is better than best
- Fight fear disguised as sense
- The way you think about stress determines its impact on you.

#### Now that people have read your book, what do you hope they will do next?

I want listeners or readers to change THEIR world and in turn, change THE world.

Specifically, I hope that people will create stronger and deeper relationships. I hope that people who feel their life is out of their control will have the resources to pull that life further under their control. I hope that when confronted by a bully people will have the internal power to stand up for what they believe. I hope that the vast majority of people wake up to their power and use that power to make our world better. Make our species' future more possible. More likely. And maybe, even more dazzling. You know, just those small, little hopes that we all have.

#### Why is this of interest to our audience?

Everyone is interested in being the me they want to be. Much of our time is spent dwelling on this very issue. Isn't that true in your life? Don't you spend countless hours in daydreams where you chart out how a better you would have responded? We are fascinated with our own journey and most of us want to guide our life in a better direction.

The other reason this book is important to your audience is that it's about their favourite topic: THEM. And I'm discussing them through my favourite topic: ME.

Most importantly, I do it all with fun, play, stories and engagement so it is a dynamic, exciting, engaging experience for the reader/listener.

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#### What is the typical response of readers?

- “Your audiobook is absolutely brilliant! The BEST audiobook I’ve read in 2018!” 5 out of 5 stars
- “Thought provoking and boldly written” 5 out of 5 stars
- “Loving the book... we decided within our cohort group to take it piece by piece and use it for discussion at each meeting. I can tell you that so far, it has led to our best discussions in a very long time. So good!”
- “Thanks Roger for impacting my personal growth and giving me guidance without judgement. This is a must read to anyone who wants to expand their life or for everyone to help move beyond their own boundaries and fears.” 5 out of 5 stars
- "Powerful rules to live a better life" 5 out of 5 stars

I think this is a very powerful and insightful book. I am going to give a copy to each of my adult children as gifts, as I think that they will benefit greatly from it. A double thumbs up!

#### What was the narrating your own audiobook like?

I loved doing the audiobook because I’m as much of a performer as I am a writer. Giving someone my words means that they need to find my voice in the text. Whereas when I narrate, I can perform the text so that I’m sure the person listening is getting exactly what I want them to get. Making sure that they hear it the way I hear it in my head.

When asked if I recommend the audiobook or paperback, I always say “If you don’t mind audiobooks, start there. It’s the most engaging method of first interacting with the book. If you hate audiobooks or need to write on the books you read, get the book. The difference for me is like the difference between giving someone a script of a movie to read and hoping that they ‘get it’ versus giving them the actual movie itself. Being a writer/performer means I’d much rather give you ‘the movie’ which here means my audiobook :)”

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