

Bio and Interview Questions for Michael Benner, author of:

"Fearless Intelligence — The Extraordinary Wisdom of Awareness."

Biography

MICHAEL BENNER is the author of *Fearless Intelligence — The Extraordinary Wisdom of Awareness* and the breakthrough self-awareness training, *Internal Vigilance*, commissioned by the Orange County California Sheriff's Academy in Anaheim. He is also well known throughout Southern California for his popular "human potential" talk radio programs on KABC-AM, KLOS-FM, KLSX-FM, KCBS-FM, KRLA-AM, and currently on KPFK-FM.

Michael left broadcasting as a full-time profession in 1987 to begin his own business — *Personal Development Strategies*. With offices now in La Quinta near Palm Springs, California, he provides counseling and personal development training to individuals and couples, as well as consulting and training for business executives, managers, and teams.

As presented by Michael, *Personal Development Strategies* include self-awareness and emotional intelligence, stress management, critical thinking, and relationship management. He has also served as the Sports Psychology Consultant for the U.S.C. Women's Tennis Team and the Burbank Burroughs High School Baseball Team.

Suggested interview questions

- What's the meaning of your book title — *"Fearless Intelligence?"*
- Why do you claim fear has nothing to do with danger?
- Are stress and anxiety different than fear?
- Just exactly what does *"emotional intelligence"* mean?
- How does fearlessness make us more intelligent?

- How is fear and anxiety related to all other hurtful, negative emotions?
- Why do you suggest we stop trying to figure out the meaning of our feelings with logic and reasoning?
- If intuition is the language of emotions, how can we become more intuitive?
- Is there a difference between intuition and instinct?
- Which is more effective — will power or imagination?
- Why do you say understanding is superior to knowledge?
- Are there really just four basic emotions?
- Why isn't love considered an emotion?
- We're hearing a lot about mindfulness lately. What is mindfulness?
- What's the best way to manage negative thinking and the frenzy of intrusive thoughts demanding our attention?

“We fear things in proportion to our ignorance of them.” — Titus Livius

Three main points of Emotional Intelligence —

FEAR & ANXIETY DO NOT SIGNAL DANGER. Fear, anger, and hatred and all other hurtful feelings are defensive responses to unawareness, confusion, and ignorance — whether dangerous or not. The antidote is understanding.

OWN YOUR FEELINGS. NO ONE DID THEM TO YOU.

Emotional feelings are unique personal *responses*. Though stimulated by others or external events and circumstances, the meaning of your emotions is personal.

ACCEPT AND EMBRACE YOUR HEARTACHE & ANXIETY.

Denial, avoidance, and repression of emotions quickly become destructive — mentally, physically, and spiritually. The only way out is through. We must feel them to heal them.

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