

**Media Questions and Fun Quiz (Test Your Nature I.Q.)  
for the book *Nature's Secret Messages: Hidden In Plain Sight***

**1. What's different about your book, *Nature's Secret Messages: Hidden in Plain Sight*?**

**2. You say we're so distracted that we're losing touch with profound genius going on all around us. How does that affect us?**

**3. Can you give us some questions to see how much we really notice, taken from the fun quizzes in your book?**

(Elaine will read questions for the host(s) to have a contest for who has a higher Nature I.Q. Hosts can have buzzers and say their name for first one to get the answer. There could be nature sound effects for right and wrong answers.)

1. Can you locate a star that's in or on an apple?
2. Statistically speaking, which of the following is least likely to happen: getting struck by lightning, being in an airplane crash, or winning the lottery
3. According to the Guinness World Records, what is the most number of times a person has been struck by lightning and survived?
4. Which food has its seeds on the outside?
5. What's the body's largest organ?
6. What percentage does the average American spend indoors? 60%, 75%, or 90%?
7. Which fruit is mentioned the most times in the Bible?
8. Which of the following has not been used in ads that promote cigarette smoking?
  - a. A baby
  - b. Santa Claus
  - c. A Supreme Court justice
  - d. A U.S. President
  - e. A pregnant woman
9. What one food never spoils and is made without any artificial preservatives or chemicals?
10. Which is more dangerous: the wilderness or a city?
11. Are your chances of getting killed greater by a domestic dog or by an animal in the wild?
12. Do wolves attack humans?
13. How can you pick the juiciest fruit out of a bunch?
14. If a plant has a strong smell (and it's not rotting), what might that indicate?
15. Name four foods that naturally have star shapes in them or on them.

4. So we see a star in the apple, what's that supposed to mean?
5. You claim that losing touch with nature is deeply affecting our society. What do you mean?
6. You write how bringing back wonder and using one's imagination helps contribute to one's happiness. How so?
7. You write that multi-tasking generally causes stress and we'd do better to emulate the single focus of nature. Why is this so?
8. This book uses a lot of "outside the box" examples to get people to see in different ways. What are advantages to this?
9. This book asks, "How do you feel when change suddenly arrives at your doorstep without an invitation?" Can you elaborate on this?
10. You mention why picking the prettiest produce, or you call it "groceries going Hollywood" may not be the wisest decision. Can you explain what you call the gross in some grocery stores?

Thank you for your time today discussing *Nature's Secret messages: Hidden in Plain Sight* available in book stores (Feb. 15, 2010) and on Amazon.