

# Interview Questions

***God made us capable of craving so we'd have an unquenchable desire for more of Him, and Him alone. Nothing changes until we make the choice to redirect our misguided cravings to the only One capable of satisfying them.***



**GUEST:** Lysa TerKeurst  
- *New York Times*  
bestselling author

**BOOK:** *I'll Start Again Monday: Break the Cycle of Unhealthy Eating Habits with Lasting Spiritual Satisfaction*  
(Thomas Nelson)

**AVAILABLE:**  
January 2022

**Lysa TerKeurst** is president of Proverbs 31 Ministries and the #1 *New York Times* bestselling author of *Forgiving What You Can't Forget*, *It's Not Supposed to Be This Way*, *Uninvited*, and more. She writes from her gray farm table and lives with her family in North Carolina. Connect with her at [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com) or on social media @LysaTerKeurst.



- 1 What inspired you to write *I'll Start Again Monday*?
- 2 How is this book different from a “typical healthy-lifestyle” book?
- 3 What is the secret to sticking with a healthy lifestyle instead of “starting again Monday”?
- 4 Cravings can often be a negative experience, but you say we were “made to crave.” What do you mean by that?
- 5 In what ways does Eve’s encounter with the fruit in the garden of Eden teach us about cravings?
- 6 In today’s culture, many women are burdened by comparison when it comes to their identity and beauty. How can listeners embrace their bodies and find “their beautiful”?
- 7 What’s the biggest takeaway you hope readers receive from this book?

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