

## **Suggested questions for Esther Gokhale, author of 8 Steps to a Pain-Free Back**

1. What is your personal experience with back pain?
2. What led you to believe that posture was the solution to back pain?
3. How does posture affect one's health?
4. How common is back pain in the United States?
5. You've visited many parts of the world in your research. Is back pain as prevalent in other countries as it is in the United States?
6. What is the Gokhale Method<sup>SM</sup>?
7. How does the Gokhale Method<sup>SM</sup> compare to other methods of treating back pain?
8. Your methodology sounds so simple, yet does it really work for anyone?
9. Aside from pain reduction, are there other benefits to incorporating what you teach? How about for those who don't have any pain?
10. What does good posture look like?
11. You say in your book that the posture we've been taught over the last century is harmful. What is wrong with what we've been taught? What's wrong with slouching, tucking our pelvis or using our core?
12. You also mention in your book that most children are born with good posture and then lose it. What happens?
13. What are the "8 Steps"?
14. Is it ever too late for posture re-education?
15. We are used to thinking of sitting and a sedentary lifestyle as a health problem. Yet you claim it can be a health asset. How do you explain that?
16. What is the most difficult thing for people to change as they learn the Gokhale Method<sup>SM</sup>?