



Frequently Asked Questions

Theresa Rose, author of *Opening the Kimono: A Woman's Intimate Journey Through Life's Biggest Challenges*

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1. What is your professional background?

I've had lots of different careers over the years. While in the corporate world, I worked in marketing and consulting. I recently owned an alternative healing center, had a private healing practice, and taught classes in meditation and energy healing. Currently I am spending most of my time on writing, workshops and speaking engagements.

2. What is *Opening the Kimono* about?

It's a collection of stories about important moments in my life that I thought would be inspirational, educational and entertaining for others. I describe it as a diary, tell-all, rant, confession and healing guide all rolled into one. In the book I share some incredibly personal things about my lifelong issue with body acceptance, my marriage and sex life, raising my daughter, career ups and downs, and most importantly, the death of my mother.

3. What inspired you to write it?

The terminal illness and eventual passing of my mom was a profound experience. My mother chose to leave this world in a very conscious way, and I once told her that I was going to write about our journey together so others could see that the death of a loved one didn't have to be something to fear. Writing about that time was very cathartic; I was literally transformed by it. I enjoyed the process so much that I decided to move into some other painful parts of my life so I could heal those too.

4. Who is your intended audience?

I believe that nearly everybody, regardless of gender, race, cultural background or economic circumstance will enjoy it. However, I do write from a woman's perspective, and as such, women will see themselves in my stories about body image, relationships, and career. Both men and women will undoubtedly relate to the universal challenges of grief and parenting. In the end, is there anyone who doesn't struggle every once in a while with unconditionally loving themselves?

5. How does *Opening the Kimono* benefit the reader?

Certainly the book will make most readers both laugh and cry. Hopefully it will get them to look at their past with more compassionate eyes. It is my intention that readers realize they are beautiful, blessed, Divine beings, even while experiencing their human imperfections.

6. How is *Opening the Kimono* different from other spiritual or self-help books on the market today?

My book is very different than most on the market because I am not professing to be the expert. I'm simply a woman who wrote about my journey and how Spirit plays a role in it. In fact, in the introductory chapter, I confess that I often have more breakdowns than breakthroughs! I think the lessons and gifts in *Opening the Kimono* come from the fact that readers can recognize themselves in my stories and don't see some unattainable version of perfection. Therein lies the inspiration.

FAQs for Theresa Rose, continued

7. *Opening the Kimono* includes some very funny stories as well as others that are incredibly touching and emotional. Which ones were your favorites to write?

Asking which story is my favorite is like asking a mom which child she loves the most! Each one of them is very dear to me. Some of the most embarrassing ones were the most challenging to write. I kept asking myself, “Are you *sure* you want to write this?” I like writing the funny stuff, just because it makes me giggle while I’m doing it. “An Epiphany in the Target Dressing Room” was a fun one. On the other hand, writing the really emotional pieces, especially the stories about my mom, was gut-wrenching. I literally had to take crying breaks. In fact, I still can’t get through a reading of “The Conversation on the Couch” without losing it. When I recorded the audiobook, I cried during that story.

8. How do you respond to critics who label your book as inappropriate or blasphemous because you talk about sex and spirituality in the same breath?

I respect everyone’s right to voice their opinion, and I willingly admit that my book is like *Sex and the City* meets *The Secret*. Some people will dig it, and others won’t. That’s OK by me. I am comfortable with who I am and what I believe. I’m not trying to proselytize; I’m simply sharing the lessons I learned from my own life.

9. Why do you think people are responding so positively to books about modern spirituality like Eckert Tolle’s *A New Earth*, Rhonda Byrne’s *The Secret*, Elizabeth Gilbert’s *Eat, Pray, Love* and now *Opening the Kimono*?

Life is getting more complicated by the minute. People are desperately seeking a way out of the noise and fear that modern culture creates. Going inward, discovering what really matters, and tapping into the Universal Source gives people comfort and peace in an increasingly uncomfortable world.

10. You describe yourself as one who helps people create a dogma-free relationship with Spirit. What do you mean by that?

My experience as a healing practitioner and spiritual counselor has shown me that most people are seeking a connection to a Higher Power, but they often have lots of baggage regarding the rules and regulations they were taught as children. They *want* to believe, but they don’t know where to start. I teach people how to develop a relationship with the Divine without guilt, fear or artifice. It is possible to create a bond with Spirit that is truthful, powerful, and uniquely their own.

11. What other projects are in the works for you?

Most of my efforts are in support of *Opening the Kimono* right now. I am in the process of adapting it to a one-woman show that I hope to produce in the near future. I will also be conducting several Club Kimono workshops across the country. My intention is to start working on the next book sometime in 2009. I promise that one will be juicy too!

12. How can people buy *Opening the Kimono* or get more information about your work?

The book and other products can be purchased at Theresarose.net. The book and audiobook are also available on Amazon.com.