

Janna Lopez

Author Bio and Interview Questions

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Janna Lopez was a successful magazine publisher for nearly a decade, and a communications consultant for over 25 years, serving small businesses, non-profits, and multi-million dollar companies. Her life's work has revolved around the art of expression through words and images. Janna lives in Portland, Oregon, for fun teaches classes on sipping tequila, and now speaks about midlife transitions at conferences, teaches workshops, and offers one-on-one midlife coaching. "Me My Selfie & Eye – A Midlife Conversation About Lost Identity, Grief & Seeing Who You Are" is her first book.

Interview Questions/Talking Points

- Tell us about the title:
- What prompted you to write this book?
- Why do you say midlife is not a crisis?
- What do you mean by the "Dark Flight of the Self?"
- How is that different from a Dark Night of the Soul?
- What are the 7 D's you describe in your book?
- How do you define "identity?"
- Why is midlife different from other times in life?
- Did you ever worry about sharing so much about your personal life?
- Describe what a "grand gesture" is and how it helps sort through midlife?
- What are a few things you wish people in midlife turmoil could know?