

SUMMARY:

- Has your home been ruined by a fire or natural disaster?
- Have you been through a traumatic experience and wonder why you can't get over it?
- Do you need insight about how to support a friend or loved one after they've survived a disaster?
- Do you feel like people don't understand what you've been through?
- Are you stuck in the grief process?

We're here today talking with Shauna Hoey (Ho-ee) author of the new book *Fire of Hope Finding Treasure in the Rubble*, where Shauna shares her story, and stories of other survivors, proving there is hope after catastrophe. After the 2012 Waldo Canyon Fire in Colorado wildfire destroyed her home and hundreds more, Shauna Hoey was immobilized by grief and tormented by nightmares and anxiety. Through her own research, trauma counseling, and the love of family and friends, she painstakingly found the path to healing.

QUESTIONS TO ASK SHAUNA:

1. Tell us about the fire in Waldo Canyon?
2. Why did you write this book?
3. How did the fire affect you?
4. Everyone has different experiences, for your book *Fire of Hope, Finding Treasure in the Rubble*, you interviewed your neighbors, how did the fire affect them?
5. From your research what did you discover about how any disaster affects people?
6. What hope can you provide to others who have suffered from disaster?

CONCLUSION: If you've suffered loss through a natural disaster, you are not alone. You don't have to be just a survivor, you can thrive. Visit Shauna at Thrivewithhope.com to get support and your copy of *Fire of Hope Finding Treasure in the Rubble*.

EXTENDED QUESTIONS FOR LONGER INTERVIEWS

1. How are people affected in their day to day activities?
2. How do you support someone who has been through a natural disaster? What do you do? What do you say?