

Interview - Michele Sfakianos



Could you tell us a little bit about yourself?

Registered Nurse, Life Skills Expert, Speaker and Author living in Southwest Florida. Owner of Medical Matters, LLC, a legal nurse consulting firm and Open Pages Publishing, LLC, a self-publishing company. Authored books include Useful Information for Everyday Living and The 4-1-1 on Life Skills. New book coming in December 2011, The 4-1-1 on Step Parenting.

Describe your book 'The 4-1-1 on Life Skills' in 30 words or less.

A reference guide for basic life skills utilized by adults of all ages. Life skills: Cleaning; Cooking Basics; Laundry; Food Spoilage; Home/Car buying tips; Finance; and much more!.

What was the hardest part of writing your book?

The hardest part of writing the book is making sure not to leave out any life changing information. The research is sometimes the most difficult aspect..

What books have had the greatest influence on you?

The books that have had the greatest influence on me are The Secret, The Power and Eckhart Tolle's A New Earth.

Briefly share with us what you do to market your book?

How do you spend your time when you are not writing?

I enjoy spending time with family and most of all my grandson when I'm not writing. I love being out in the sun, fishing, biking and reading.

What are you working on next?

My next book, The 4-1-1 on Step Parenting is being released December 2011 and then I will be working on my next book The 4-1-1 on Surviving Teenhood.