

LISA TARVES

PODCAST GUEST & MEDIA KIT

Author • Podcaster • Publisher • Emotional Wellness Professional

For podcast hosts, producers, event organizers, and media inquiries

This kit includes Lisa's bio, pronunciation, host introduction, preferred topics, suggested questions, book and podcast information, and links.

RealTalkForYourOverthinkingMind.com • MakingSensePress.com • LisaTarves.com

Quick Reference

Name: Lisa Tarves

Pronunciation: LEE-suh TAR-viss

Professional Title: Author, Podcaster, Publisher, Hypnotherapist, NLP Practitioner, Life Coach, Grief Support Counselor, and Emotional Wellness Coach

Podcast: Real Talk for Your Overthinking Mind

Publishing Company: Making Sense Press

Interview Style: Conversational, candid, practical, warm, and comfortable with both serious topics and humor

Topics to Avoid: Partisan politics, political debate, and religious debate

Short Bio

Lisa Tarves is an author, podcaster, publisher, hypnotherapist, NLP practitioner, life coach, grief support counselor, and emotional wellness coach. She is the host of Real Talk for Your Overthinking Mind, where she explores the thoughts, emotions, fears, transitions, and life experiences people often struggle with privately. Lisa is also the founder and publisher of Making Sense Press and the author of books focused on personal growth, emotional wellness, intuition, grief, and the overthinking mind.

Longer Bio

Lisa Tarves is an author, podcaster, publisher, and emotional wellness professional whose work centers on helping people better understand themselves, their thoughts, and the experiences they often struggle to put into words. She is the host of Real Talk for Your Overthinking Mind, a growing podcast and YouTube show focused on overthinking, anxiety, emotional wellness, relationships, grief, aging, life transitions, self-awareness, and the complicated realities of being human. Lisa is also the founder and publisher of Making Sense Press, an independent publishing imprint created to support authors while allowing them to maintain ownership and creative control of their work. Her professional background includes hypnotherapy, NLP, life coaching, grief support, past life regression, intuitive work, and holistic emotional wellness. As an author, Lisa writes in the same conversational style she brings to her podcast: direct, compassionate, practical, and willing to talk about the things people are often thinking but not saying out loud.

Ready-to-Read Host Introduction

Today's guest is Lisa Tarves, an author, podcaster, publisher, and emotional wellness professional. Lisa is the host of Real Talk for Your Overthinking Mind, where she talks openly about overthinking, anxiety, grief, relationships, getting older, life transitions, and the thoughts we sometimes have at three o'clock in the morning but rarely admit out loud. She is also the founder of Making Sense Press and the author of several books focused on emotional wellness, personal growth, intuition, grief, and understanding the overthinking mind. Lisa's approach is conversational, practical, and refreshingly human. Please welcome Lisa Tarves.

Best Interview Topics

Overthinking

Why our brains refuse to shut off; the difference between problem-solving and mental looping; interrupting an overthinking spiral; why "just stop thinking about it" never works.

Sleep & the Overthinking Mind

Why the mind gets louder at night; racing thoughts; nighttime anxiety; unresolved emotions; practical ways to help the brain settle; the ideas behind When Your Mind Won't Let You Sleep.

Anxiety & Emotional Wellness

High-functioning anxiety; intrusive thoughts; appearing fine while struggling internally; overwhelm; self-awareness without constant self-analysis; learning to trust yourself.

Getting Older & Life Transitions

Grieving your younger self; reinvention later in life; identity shifts; the emotional side of aging; why the next chapter can still be the best one.

Grief & Loss

Why grief is not linear; anticipatory grief; disenfranchised grief; grieving people, relationships, careers, health, identities, and former versions of ourselves.

Relationships

Overthinking relationships; communication; fighting fair; emotional boundaries; what people need when they feel unheard.

Personal Growth

Reinvention; trusting yourself; perfectionism; changing the story you tell yourself; why growth is rarely linear.

Intuition & Spirituality

Intuition versus fear; listening to your inner voice; angel numbers and synchronicities; spirituality without rigid rules.

Writing & Publishing

Becoming an author later in life; writing from lived experience; independent publishing; author ownership; why Lisa created Making Sense Press.

Suggested Interview Questions

1. What exactly is overthinking, and when does normal thinking become a problem?

2. Why does the mind seem to become louder at night?
3. Why is telling an overthinker to “just stop thinking about it” usually useless?
4. What can someone do when they realize they are stuck in a mental loop?
5. Why can anxiety be so difficult to recognize in people who appear highly functional?
6. You talk openly about the emotional side of getting older. What do you mean by grieving your younger self?
7. Why do you believe grief is something we learn to live with rather than something we simply get over?
8. What are some types of grief that people experience but rarely recognize as grief?
9. What does it mean to “fight fair” in a relationship?
10. How can someone tell the difference between intuition and anxiety?
11. What inspired you to create Real Talk for Your Overthinking Mind?
12. What have you learned from talking publicly about subjects people usually keep private?
13. What inspired your book When Your Mind Won’t Let You Sleep?
14. What do you want someone lying awake at 3 a.m. to understand about themselves?
15. Why did you decide to create Making Sense Press?
16. What do you think authors misunderstand most about publishing?
17. Can someone genuinely reinvent themselves later in life?
18. What would you say to someone who feels as though they should have their life figured out by now?
19. What have you personally learned about trusting yourself?
20. What is one thing you wish people would stop being so hard on themselves about?

Current Book, Podcast & Publishing Information

When Your Mind Won't Let You Sleep

When Your Mind Won't Let You Sleep is written for the person whose body is exhausted but whose brain refuses to turn off. The book explores racing thoughts, nighttime overthinking, worry, unresolved emotions, and the mental loops that become louder when everything around us gets quiet. Rather than simply telling readers to “relax” or “stop thinking,” Lisa approaches the overthinking mind with understanding and practical perspective.

Real Talk for Your Overthinking Mind

Hosted by Lisa Tarves, Real Talk for Your Overthinking Mind explores the subjects people often think about privately but do not always talk about openly, including anxiety, overthinking, grief, relationships, aging, emotional wellness, identity, personal growth, and life transitions. The show combines meaningful conversations with honesty, humor, and practical insight.

Making Sense Press

Making Sense Press is an independent publishing imprint created to give authors professional publishing support while allowing them to retain ownership, royalties, and creative control of their work.

Interview Preferences

Lisa enjoys conversational interviews rather than rigid question-and-answer formats. She is comfortable discussing serious subjects, but also appreciates humor and natural conversation. She especially values interviews that help listeners feel understood, learn something useful, or see their own experiences from a different perspective.

Preferred Boundaries

Lisa generally avoids partisan politics, political debates, and religious debate. She is happy to discuss spirituality, intuition, personal beliefs, emotional wellness, and personal growth from an inclusive and non-dogmatic perspective.

Copy-and-Paste Answers for Podcast Forms

How should we introduce you?

Today's guest is Lisa Tarves, an author, podcaster, publisher, and emotional wellness professional. Lisa is the host of Real Talk for Your Overthinking Mind, where she talks openly about overthinking, anxiety, grief, relationships, getting older, life transitions, and the thoughts we sometimes have at three o'clock in the morning but rarely admit out loud. She is also the founder of Making Sense Press and the author of several books focused on emotional wellness, personal growth, intuition, grief, and understanding the overthinking mind. Lisa's approach is conversational, practical, and refreshingly human. Please welcome Lisa Tarves.

What topics are you interested in discussing?

Overthinking, racing thoughts and sleep, high-functioning anxiety, intrusive thoughts, emotional wellness, grief and loss, getting older and life transitions, relationships and fighting fair, personal growth, intuition versus fear, writing, authorship, and independent publishing.

What makes you a good guest?

I enjoy honest, conversational interviews and I am comfortable talking about the topics people are often thinking about but not saying out loud. My background spans emotional wellness, hypnotherapy, NLP, grief support, coaching, writing, podcasting, and publishing, so I can bring both professional perspective and real-life conversation to a wide range of topics.

What do you hope listeners take away?

I want listeners to feel understood and to leave with at least one useful idea, perspective, or reminder that helps them be a little less hard on themselves and a little more trusting of their own ability to move forward.

Anything you prefer not to discuss?

I generally avoid partisan politics, political debate, and religious debate. I am comfortable discussing spirituality, intuition, emotional wellness, grief, relationships, aging, personal growth, and related topics from an inclusive and non-dogmatic perspective.

Preferred name/pronunciation

Lisa Tarves — pronounced LEE-suh TAR-viss.

Links & Contact Information

Website: LisaTarves.com

Podcast / Main Media Site: RealTalkForYourOverthinkingMind.com

Publishing: MakingSensePress.com

Business Phone for Lisa Tarves / Real Talk: 484-686-0118

Making Sense Press Phone: 610-884-1515

For booking and media requests, please contact Lisa Tarves or her team.

