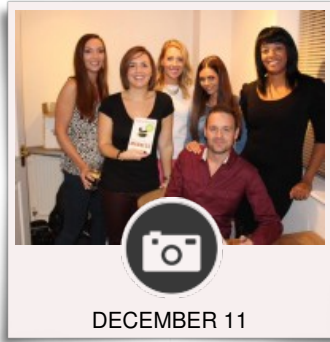




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AUTHORAMP INTERVIEW: WHAT MAKES AN AIRLINE PILOT WRITE A DIET BOOK?



AUTHOR: KRIS BARNES // CATEGORY: DIET & NUTRITION, HEALTH, INTERVIEW, NON-FICTION

NO COMMENTS



Rene Schellekens is a Dutch pilot based in the UK, having moved over at the age of 19. He is the author of the new diet book 'Dieting Madness: Facts and Fiction About Diet and Nutrition'.

We recently met up with Rene for a chinwag about the book...

Hi Rene, thanks for chatting with us today! Firstly, what makes

an airline pilot write a diet book?!

Being a pilot I get fat like everyone else. It's like an on office job sitting on your bum all day and on top of that the cabin crew pop in the cockpit every so often to feed us food which is rarely made of the healthy stuff. And being surrounded by cabin crew of which many of them seem to be on all kinds of diets most of the time I only got more interested in weight loss. It seemed like there was a new fad diet going around the company every week. I thought it was about time for a common sense diet book that would make real sense. To cabin crew, pilots and whoever wants to shed a few pounds.

Tell us a bit about your new book 'Dieting Madness'.... what is it about and what makes it different to other diet books on the market?

DIETING MADNESS is not a conventional diet book. I don't tell people to stop eating and I also don't tell them they can eat whatever they want. It is just a book with over 230 pages of information about dieting and diets and explains all the proven methods to help you lose weight. From Low carb to low fat and everything in between. After the readers are finished with this book they know all there is to know about weight loss. If they then want to lose 1 pound a week of 5, that is up to them. They will be able to make their own choices on how to go about in achieving their weight loss goal.



Is it part of a series? Are you planning any more?

I don't want a series because that is what all the other diets book publishers do just to make more money. There is nothing more to tell or know about dieting that is not in my book. And I am a rubbish cook so a cook book to accompany this book wouldn't be a great idea.

What inspired you to write the book?

ME. I have tried diets for years and lost and gained weight many times. I got so interested in dieting and weight loss I started to read about it more and more. I came to the conclusion there is very little common sense diet books out there. There are too many fake doctors that want to become rich by putting their name on the front cover and there is are also too many multinationals that want to empty your wallets by selling their specialised diet products in the supermarkets.

Who do you think should read the book? Is it valid for most people regardless of size, age etc?

Anybody any size, any gender or age can read my book. And I just don't say that without reason, when you start reading my book it will all become clear why I say that. But

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maybe it is better if they are over 18 as I can be a bit direct sometimes (some people might call it even rude or offensive). I like to tell things as they are!

When is your book available to purchase and from where?

It is available as a paperback or ebook from [Amazon](#) and on [Kindle](#), but you can also order it at [Waterstones](#) and most bookshops.



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During the pilot interview, you need to demonstrate all your skills and make sure to convince that you are a perfect fit for this job. Ensure that you showcase all the soft skills you possess as a candidate during the pilot interview process. Attributes that a pilot needs to possess Apart from airline interview questions & answers, there are certain tips that really matter for the selection of the right candidate. Make the most out of the first impression, it really counts. The person on the other side of the table is competent enough to figure you out in the first few seconds of meeting you. What was the most difficult decision you made as a pilot? Tell me about a time you discovered a safety issue and what did you do about it? How do you stay organized? I make Continue reading this answer. How do you prevent procrastinating (what are your techniques)? Above is a list of questions asked during pilot interviews. These questions can be used to help you

prepare for an interview. The answers contained within these questions may NOT be correct, so do your own research! We make no guarantees as to the accuracy or completeness of any question or answer. NEXT PAGE. Pilot.