

Behind the Scenes
Celebrity Interviews & Inspiring Life Lessons
By Liz Sterling

Introduction – Setting the Stage

Based on Insights and lessons from Liz Sterling

Chapter One: Don't Judge a Book by Its Cover

Based on Insights and Lessons from Walter Cronkite

- Life Starts With Perception
- Belief Systems are Born
- Judgments and Stereotyping
- Everyday Expectations

Chapter Two: Would You Rather Be Right or Happy?

Based on Insights and Lessons from Ed McMahon

- About Our Ancestors
- Habits Become Habitual
- The Ego and Evolution
- Justifying Justification

Chapter Three: There Are Friends and Foes, and All Are Teachers

Based on Insights and Lessons from Christopher Darden

- Experience is Everything
- Dealing with Disappointment
- Toasting the Teachers
- Learning Lessons

Chapter Four: The End of The Road is Just a Bend in The Road

Based on Insights and Lessons from Joan Lunden

- Feeling Fear
- Embracing Uncertainty
- Making The Shift
- ACTION

Twenty-Two pictures of Liz with celebrities from her personal photo album.

Chapter Five: Ask and You Shall Receive

Based on Insights and lessons from Sammy Davis Jr. and his daughter, Tracey

- Insights on Intention
- Manifestation as a Mirror
- Calling All Karma
- Insights into Integrity

Chapter Six: Stand Like Mountain, Flow Like Water

Based on Insights and Lessons from Leah Rabin

- Thoughts are Things
- Active Listening
- Energy is Everywhere
- The Power of Prayer

Chapter Seven: Go With the Flow

Based on Insights and Lessons from George Hamilton

- Attitude is Contagious
- Struggle or Surrender
- Breathe your Breath
- Beauty is the Best

Chapter Eight: There's Nothing New Under the Sun

Based on Insights and Lessons from Wayne Dyer

- Freedom Through Forgiveness
- Go for Gratitude
- Compassion
- Behind The Scenes: The Bigger Picture
- Author Index
- Photo Index
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- From the Editor

Author's Statement

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I wrote the book, *Behind the Scenes*, to share the insights and lessons gleaned from hundreds of celebrity interviews. I had the good fortune of meeting many accomplished people, so I compiled the stories into a book to highlight the most outstanding experiences and lessons learned.

The Table of Contents and book title first came to me a decade ago while sitting under a hairdryer at a salon. In less than ten minutes, the entire outline was complete. I began the book, set it aside yet always knew the right time would come.

On September 24, 2012, a business associate informed me she had entered the publishing world and established Kora Press. On September 25th, Kora Press took on my project to support my vision of becoming an author by my 55th birthday on December 1, 2012.

With lots of support from my friends and family, intense focus and dedication to the project and the overarching guidance from my publisher, and most probably a few real angels, *Behind the Scenes* is a page turning dream come true!