

Interview Questions

Perfect Practice: A philosophy for Living an Authentic and Transparent Life

by Mary S. Corning

1. What inspired you to write the book, *Perfect Practice*?
2. You say you don't settle for anything less than perfect. Does that mean *Perfect Practice* is about being perfect?
3. How does changing our perspective alter the world we live in? Can you give an example of this?
4. If we are in pain how do we go about transforming it into something else?
5. How do we transform conflict into confidence? And fear into curiosity?
6. What do you mean by "transparent authenticity"?
7. In *Perfect Practice* you talk about dedication over obligation. How can we feel a sense of dedication to what we HAVE to do, such as taxes, or housework, or paying bills?
8. Can you share with us a little about your background?
9. Who is Ray Hunt and how did he impact your life?
10. Many people are afraid of failure, yet you say we can overcome self-judgment and the fear of taking risks. How?
11. What is the biggest thing horses have taught you about life? How can all of us apply that to our own lives?
12. How can we learn more about Mary S. Corning? Where is your book available?

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