

## BERNSTEIN BOOK CHAT: JOSH BERNSTEIN OPENS UP ON HIS LATEST ADVENTURE

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Josh Bernstein needs a vacation.

As the peripatetic host of The History Channel's Digging for the Truth series, the sedulous edu-tainer has much more on his mind this holiday season than baubles and bows.

With the dawn of a new year – and thus, the wrapping and debut of a new season of his hit cable show – Bernstein is readying himself for the dizzying press rounds to come. A year ago, he was just prepping to publicize his show.

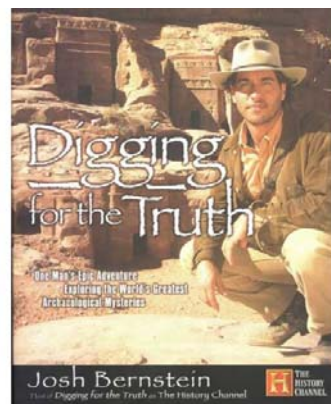
This time, though, the stakes are even higher.

While he's promoting the show's late January launch, the enterprising Cornell graduate will also be plugging his latest adventure – his inaugural literary effort...Digging for the Truth: One Man's Epic Adventure Exploring the World's Greatest Archaeological Mysteries.

It's a tell-almost-all tome that goes into far greater detail on the behind-the-scenes action of DFT than any coverage within the past two seasons. In addition to new revelations about Bernstein's life (like he almost died before he was even born), DFT episodes and filming hardships, the book also features insights into almost every aspect of his life. Even better, there is an array of breathtaking photographs from around the globe that Bernstein (a noted shutterbug) took himself, as well as some taken by other photographers and even family members.

No doubt he will once again navigate his way through talk show appearances and press interviews the way he winds through a South American rain forest, but it would be nice to have a bit of a siesta first.

Though frequently given kudos for his time management skills, the very fact that he penned the book while simultaneously running his outdoor survival school (B.O.S.S.) and filming a third season of DFT boggles the mind. But to Bernstein, the experience was just another day at the non-office.



***1. How did the book come about?***

There was a lot of publicity and media attention for season two's premiere back in January 2006, including a great cover page story in the New York Times. As a result, nine publishers called to ask if I was writing down all my adventures. It was crazy. I met with all of them and, voila! the book became a reality.

***2. What was the hardest part of doing the book?***

Probably the timing. I had to write a lot of the book while filming the beginning of season 3, which was exhausting. But all of us involved in the process felt it was important to have the book ready by January's season 3 premiere of the show. Amazingly, everything went smoothly with the writing, editing, and printing and we beat our goal. This means people can buy the book for the Holidays. Happy Holidays!

***3. Will there ever be a documentary-type feature on THC about the book or your life in general? Would you sign on for that?***

I haven't heard of any plans for either. No, I think that would be a bit much. While I'm proud of the book, I don't think the writing of it would make for a compelling show. As for a documentary about my life in general – I'm only 35. Seems a bit too young for a retrospective, you know? But I'm flattered you think anyone would watch.

***4. If you could tell everyone one thing about the book, what would it be?***

If you ever wanted to know what it would be like to host a global television series, this is your chance. You can experience the hardships, the adventures and the glory without ever leaving the comfort of your home.

***5. Will you be adding more book signings or is the list complete as it stands now?***

The list is still in development. We should finalize things in late December. But yes, we are adding locations.

***6. What do you think the biggest surprise to DFT fans will be when they read the book?***

Hmm. Perhaps how personal it is. In addition to select episodes from the first two seasons, I included a bit of my story: my childhood, my education, and what brought me to be the host of DFT.

***7. Would you do it again?***

The show or the book? But "yes" in either case. I'm proud of everything Digging for the Truth has become.

**8. Although you're very outgoing, you are also a very private person. Since you had to put a lot of your personal life into the book, was it cathartic for you or just nerve-wracking?**

(Laughing) No, it wasn't nerve-wracking at all. Definitely more cathartic, and fun. As for my privacy, I shared only what I thought was relevant or perhaps of interest. I still kept a lot of things for myself.

**9. Is it true your mom is a literary agent? Did her advice help you get the book done?**

Yes, she's a great literary agent, but no, she wasn't involved at all. I wanted to do this on my own. When the manuscript was on its way to the printer, I gave her a copy to read. Thankfully, she loved it.

**10. Since it's coming out the day before the biggest Christmas shopping day of the year...What do you want for Christmas/Hanukkah this year?**

Assuming we wrap season 3 just in time for the holidays, I'd love a vacation. And perhaps hitting the Bestseller list. :-)

\*A special note\*

Make sure and catch my book review of *Digging for the Truth: One Man's Epic Adventure Exploring the World's Greatest Archaeological Mysteries* this weekend!

TPM