```
(defun insert-before (before after lst)
  (cond ((null lst) nil)
        ((eql (car lst) after)
         (cons before lst))
        (t (cons (car lst) (insert-before before after (cdr lst))))))

(defun insert-after (before after lst)
  (cond ((null lst) nil)
        ((eql (car lst) before)
         (cons before (cons after (cdr lst))))
        (t (cons (car lst) (insert-after before after (cdr lst))))))
```