



Radical Honesty: How to Transform Your Life by Telling the Truth

Brad Blanton

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The first edition of Radical Honesty became a nationwide best seller in 1995 because it was not a kinder, gentler self-help book. It was a shocker! In it, Dr. Brad Blanton, a psychotherapist and expert on stress management, explored the myths, superstitions and lies by which we all live. And this newly revised edition is even worse! Blanton shows us how stress comes not from the environment, but from the self-built jail of the mind. What keeps us in our self-built jails is lying. "We all lie like hell," Dr. Blanton says. "It wears us out...it is the major source of all human stress. It kills us." Not telling our friends, lovers, spouses, or bosses about what we do, feel, or think keeps us locked in that mind jail. The way out is to get good at telling the truth, and Dr. Blanton provides the tools we can use to escape from that jail of the mind. This book is the cake with the file in it. In Radical Honesty, Dr. Blanton coaches us on how to have lives that work, how to have relationships that are alive and passionate, and how to create intimacy where none exists. As we have been taught by the philosophical and spiritual sources of our culture for thousands of years, from Plato to Nietzsche, from the Bible to Emerson, the truth shall set you free.

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