

# Choosing Truth



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Living a Life that Matters -- to You In a world where "truth" is a relative concept, is it possible to live an honorable life? Where half-truths and relentless spin are the rule, is honesty really the best policy? Yes, says Harriette Cole, and in "Choosing Truth" she shows you why. The bestselling author of "How to Be" delivers an inspiring, one-of-a-kind prescription for revitalizing your daily routine, overcoming the habit of self-delusion, and living an authentic life. Choosing Truth is not simply about being honest with the people in your personal and professional life; it's about being true to yourself. Writing with extraordinary candor about her own life quest, Cole invites you to take an eye-opening, introspective journey and offers tips on reaching your goal, such as: Keeping a journal Cultivating the discipline of listening Loving yourself Letting go -- of clutter, of negative friends, of past mistakes Finding tools for honest communication Knowing when to speak up "Choosing Truth" is an essential guide for anyone who seeks to embrace authenticity and choose honesty.

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