

Radical Honesty

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RADICAL HONESTY

How to Transform Your Life by
Telling the Truth

Brad Blanton, Ph.D.

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At once shocking, entertaining, and profound-- Radical Honesty is revolutionary book that takes a fresh look at how we live, love, and attempt to heal ourselves in modern society. Radical Honesty is not a kinder, gentler self-help book. In it Dr. Brad Blanton, a psychotherapist and expert on stress management, explodes the myths, superstitions, and lies by which we live. He 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 jail. The way out is to get good at telling the truth. Dr. Blanton provides the tools we can use to escape the 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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