

[PDF] Radical Honesty: How To Transform Your Life By Telling The Truth

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Description:

From Publishers Weekly Gestalt therapist Blanton believes that lying is the major cause of human stress and advocates strict truthfulness as the key to achieving intimacy and calm. Copyright 1996 Reed Business Information, Inc.

From the Publisher "Outrageously entertaining and wonderfully wise....apply it liberally throughout your life." --Gay Hendricks, Ph.D., co-author of *Conscious Loving*

"Dr. Blanton advocates a take-no-prisoners approach to honesty that would send Miss Manners shrieking from the room." --Elizabeth Hickey, *The Washington Times*

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