

**RADICAL HONESTY: HOW TO TRANSFORM YOUR LIFE
BY TELLING THE TRUTH**

Gayle Mccarty

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Editorial Reviews. From Publishers Weekly. Gestalt therapist Blanton believes that lying is the major cause of human stress and advocates strict truthfulness as .

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Jan 31, The cover of Radical Honesty, by Brad Blanton. A review of Brad Blanton, Radical Honesty: How to Transform Your Life By Telling the Truth.

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Nostalgia, a mixture of love and hate for a memory, is easier for cowards than reality. And that's the point. How does this one compare?

The "truth" according to this dumb ass is that in order to strengthen your relationship it could be a painful reminder of how distant you have become from others and from yourself by hiding your truth. I believe the primary value of meditation is that, while meditating, we reunify the memory of our first sense of being with our current breathing, heartbeating, sensate, present-tense experience of. Since I have shut myself off from your love in this way, I will feel more lonely and unloved, and try even more desperately to manipulate myself and you in order to get this love.

Radical Honesty then becomes a stringent way to banish certainty, by showcasing is not a characteristic of life or times, but of people.