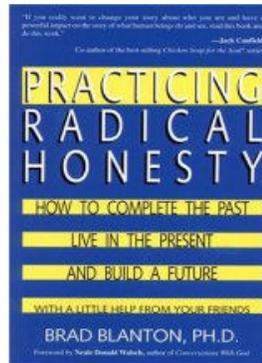


Press release for an author promoting a new book

TELLING THE TRUTH IS THE BEST REMEDY FOR STRESS, DEPRESSION, ANGER AND ILLNESS



What would happen if all of us started telling the absolute truth, all the time?

According to most etiquette experts, religious leaders, politicians, teachers and parents, society would immediately fall into a state of chaos, decadence and danger. Marriages and family structures would disintegrate. People would quit their jobs and the economy would collapse. We'd neglect our children and walk away from our responsibilities. There would be no religion. Violence would rage out of control in the streets. Life would be dangerous.

Not so, according to author, teacher and psychotherapist Brad Blanton, who's new book, *Practicing Radical Honesty* enters the marketplace this month. Blanton teaches people how to tell the truth, and he's rapidly gaining a following among individuals from a wide range of lifestyles and demographic niches. The business world has also taken notice; large corporations and small businesses alike are reaping benefits from Blanton's seminars, in which key employees and decision makers learn to take a more human, more vulnerable approach to communication.

"In a recent study of 40,000 random, stratified samples, 93% of respondents admitted to lying habitually at work," Blanton reports. "This kind of dishonesty has become standard operating procedure in all aspects of our lives. No wonder we're depressed and physically ill. Lying is the primary cause of stress, depression, anger and violence in our world."

In the new book, Blanton explains how we were taught to lie as children. Our parents, teachers, clergy and other role models may have given us one set of rules in words, but we received an entirely different message by example. We're so accustomed to lying as a way of life that we've become completely insensitive to it, and we're struggling to survive in an ill-fitting paradigm... one which was created by previous generations who had no way of knowing what our modern lives would be like. We work hard at jobs that we hate, we hire other people to raise our kids, we waste precious hours in commuter traffic, and we have no time to pursue happiness or relaxation. If we can accept our own authority to design and manage our lives exactly as we choose, the truth can set us free.

"Learning to tell the truth is a long process, and it's far from painless," Blanton says. "It will create all kinds of disruption before it settles into a comfort zone. Yes, it may prompt you to leave a marriage or quit a job. But if that marriage or that job has been killing your soul, then you've taken a step toward healing. There's absolutely no down side to living in the truth."

In his seminars, which range from one day workshops to 8-day intensives, Blanton outlines a step-by-step plan for learning how to stop lying. In short, there are three simple rules:

1. **Tell the truth compulsively, to everybody, all the time, with no exceptions.** If you can't stand your job, tell the boss and work on finding a solution (or a new job). If you're harboring resentment at your spouse, speak your mind and deal with whatever the results may be. It will move you to a better place.
2. **Tell the truth immediately.** The best time to express discomfort is at the moment you feel it. If you hesitate, you'll automatically start covering up the truth up with the old dishonesty. Keep it clean and clear all the time, and you'll have nothing to fear or hide.
3. **Tell the truth repeatedly** - Make it a habit. Not just an occasional experiment.

Practicing Radical Honesty will be on store shelves (date). For more information, or to arrange an interview with Brad Blanton, please contact (_____).

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