



# Choosing Truth: An Inspiring Prescription for Living an Authentic Life

*Harriette Cole*

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## Choosing Truth: An Inspiring Prescription for Living an Authentic Life Harriette Cole 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:

1. Keeping a journal
2. Cultivating the discipline of listening
3. Loving yourself
4. Letting go -- of clutter, of negative friends, of past mistakes
5. Finding tools for honest communication
6. 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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