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## Inner Revolutionary Radio

Helen Hillix, Todd Benton and  
Chris Reese

### Inner Revolutionary Radio Archives Available

September 10th 2013: **Honesty or Dumping: Which Is It?**

When are we being honest, and when are we dumping, venting or blaming others? Can we always tell the difference? Let's ask Dr. Brad Blanton, whose book *Radical Honesty* was a national bestseller and who has authored 7 more books on the theme. What is radical honesty? How is it different from dumping? How can it change our lives and our world? Therapy, 12-step recovery and lots of self-help programs emphasize honesty, disclosure and, as Brad puts it, finishing unfinished business. Yet many of us still stuff our feelings, pretend, feel resentful, cover up for ourselves or others, or get defensive

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### Featured Guest



#### Dr. Brad Blanton

Dr. Brad Blanton is a psychotherapist, author and seminar leader. His book, *Radical Honesty: How To Transform Your Life By Telling The Truth*, became a nationwide best seller, and he has authored seven other books on the theme of radical honesty. Dr. Blanton has had extensive training in Gestalt therapy, hypnosis, bioenergetics and meditation. According to Dr. Blanton, the primary cause of stress, depression and anger is "living in a story and lying to maintain it." Currently the primary focus of The Center for Radical Honesty, which Dr. Blanton founded, is to develop an online training that integrates personal growth and social change. It is called "The Course in Completion," and it shows ho

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