



# Choosing Truth: Living an Authentic Life

*Harriette Cole*

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What does it mean to be "real" today? 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 us 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. Addressing every facet of life in which truth is essential -- from cultivating an active spiritual life, to finding healthy, fulfilling relationships, to facing your deepest fears and listening to (and heeding) your inner voice -- Cole maps a clear path toward personal transformation. Drawing on compelling and fascinating anecdotes about the challenges, setbacks, and triumphs that have marked her own life and the lives of others, she shows you how to translate good intentions into right action and what you risk if you do not.

Cole believes that self-inquiry in the form of journaling is an important key to unlocking the treasures of wisdom and clarity that lie within you. Each chapter ends with a revealing glimpse of Cole's own journal and a series of instructions and questions to guide you to a deeper understanding of your Self.

*Choosing Truth* is an essential tool in the pursuit of a meaningful and honorable life, one lived artfully and with compassion toward ourselves and others.

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