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myself, are constantly

reminded and taught

to... 2. Work As Hard

As You Know You

Can. If you have a

boss or a manager, or

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you have had one in
the past, you know
that... 3. Practice
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honest and refraining
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proposed similar
ideas, such as Sam
Harris, in his book
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his 1797 essay "On a
Supposed Right to
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that we have a
categorical imperative
not to lie under any
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professional life as
this quality is admired
by one and all. Some
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lie in adverse

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honest is an ingrained
habit that must be
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and Practice Honesty
The best way to heal
the past, reduce
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yourself, is to tell the truth. Radical Honesty means simply to report out loud to another what you notice in front of you, in your body, and in your mind in the present moment. Radical Honesty offers you a process to directly express and get over anger, reach full body

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respect. Radical
honesty also leads to
sharing of opposing
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straight, hard and true
to the heart of the
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