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# Lying

*Sam Harris*

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**Sam Harris : Lying** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Lying:

2 of 2 people found the following review helpful. This book gives great insights but still leaves so many questions unanswered. By MLH I have pondered over this question for years and have discussed with people too. I can see so many of my own thoughts reflecting..especially around not having to lie to children because the most valuable 'trust' is at stake. I believe so. We lie and then we punish them for lying to us. That's not just unfair it hampers the health of the relationship. This book gives great insights but still leaves so many questions unanswered. Will it really make it better if we did not lie or is it possible to have a manual that told us when is it OK to lie..assuming everyone is not going to be capable of exercising their independent thinking or intellect. Many people just need to be 'told'...which they'd learn from others in their societies only if others 'knew'. Who is the authority in this ever changing moral landscape? I obviously have to do a lot more reading, thinking and discussing and what I understand (if at all) is just the tip of the iceberg. This book is a brilliant work to get one know more about this complex subject. Love the interviews of Ron

Howard and the readers. 1 of 1 people found the following review helpful. A wonderful read whose principles I've already shared with my young ...By TeejSam Harris is one of the most articulate speakers/writers of our time. This book will change how you interact with people and really get you to think about how and what you communicate. It's short and to the point, there isn't any fluff. A wonderful read whose principles I've already shared with my young children. 0 of 0 people found the following review helpful. Short, brilliant and original. Great read!By Daniel SvelaJust to be clear: I am a fan of Sam Harris' other work, so you might want to consider my opinion biased. I truly loved this book. Despite the simple premise, it really made me think. Harris makes a great case against lying, even against the nice 'white lies' we tell each other (and ourselves). It slightly changed the way I think about something as basic as lying. Even if it only nudged my thinking slightly, that's great impact from a short book. One of those rare books that I will definitely read again. If you're even thinking about buying it, you should. I highly recommend it, and really doubt you will regret it. I promise. :)

As it was in Anna Karenina, Madame Bovary, and Othello, so it is in life. Most forms of private vice and public evil are kindled and sustained by lies. Acts of adultery and other personal betrayals, financial fraud, government corruption—;even murder and genocid—;generally require an additional moral defect: a willingness to lie. In *Lying*, best-selling author and neuroscientist Sam Harris argues that we can radically simplify our lives and improve society by merely telling the truth in situations where others often lie. He focuses on "white" lies—;those lies we tell for the purpose of sparing people discomfort—;for these are the lies that most often tempt us. And they tend to be the only lies that good people tell while imagining that they are being good in the process.

.com Albeit with tongue in cheek, Mark Twain once wrote: "No fact is more firmly established than that lying is a necessity of our circumstance--the deduction that it is then a Virtue goes without saying." Well, Sam Harris begs to differ. And differ he does, with an impassioned, straight-shooting argument not only that lies are "the social equivalent of toxic waste," but also that each of us is capable of, and would benefit from, a life led free of the lie. Harris takes his time defining and stratifying types of lies--from adultery to government cover-ups to the seemingly innocuous little white lie--but insists that at any scale, a lie "condenses a lack of trust and trustworthiness into a single act." Worse, the gravest danger is the liar's inability to contain its effects; when we gamble on deception, we can't anticipate how far the lie will spread, and thus we limit the informed decision-making of who knows how many others. Conversely, Harris argues, even if we're motivated only selfishly, lying less frees us to trust others more. And that's the truth. -- Jason Kirk "This essay is quite brilliant. (I was hoping it would be, so I wouldn't have to lie.) I honestly loved it from beginning to end. *Lying* is the most thought-provoking read of the year."—; Ricky Gervais "Humans have evolved to lie well, and no doubt you've seen the social lubrication at work. In many cases, we might not think of it as a true "lie": perhaps a "white lie" once in a blue moon, the omission of a sensitive detail here and there, false encouragement of others when we see no benefit in dashing someone's hopes, and the list goes on. In *Lying*, Sam Harris demonstrates how to benefit from being brutally—;but pragmatically—;honest. It's a compelling little book with a big impact."—; Tim Ferriss, author of the New York Times bestsellers, *The 4-Hour Body*, *The 4-Hour Workweek*, and *The 4-Hour Chef* "In this brief but illuminating work, Sam Harris applies his characteristically calm and sensible logic to a subject that affects us all—;the human capacity to lie. And by the book's end, Harris compels you to lead a better life because the benefits of telling the truth far outweigh the cost of lies—;to yourself, to others, and to society."—; Neil deGrasse Tyson, Astrophysicist, American Museum of Natural History