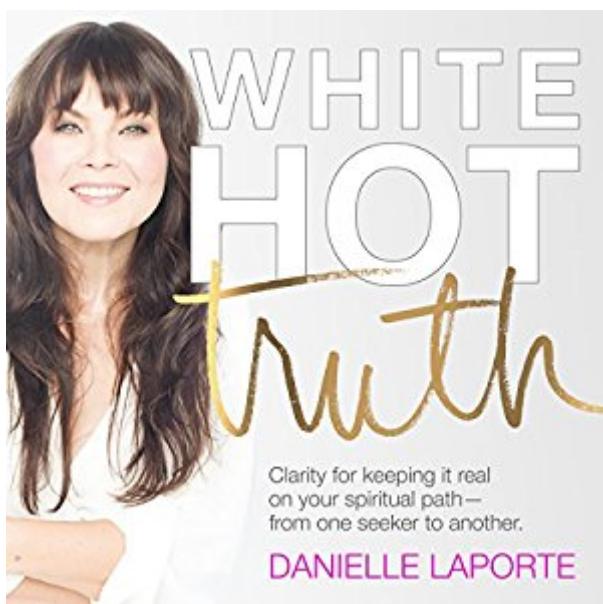


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White Hot Truth: Clarity For Keeping It Real On Your Spiritual Path From One Seeker To Another



Synopsis

Has your self-help become self-criticism? A wise and often hilarious exploration of the conflicts between spiritual aspiration and the compulsion to improve from Oprah SuperSoul 100 member Danielle LaPorte. Like a wise girlfriend you can totally relate to, Danielle cheerleads you to own your wisdom and self-worth by having a good laugh (and maybe a good cry) at the ways you've been trying to improve on your self-improvement. Rooted in compassion, feminism, and spiritual activism, White Hot Truth is an intimate and (hilariously) relatable account of self-help tales gone wrong - and very right. If you love Brene Brown's and Liz Gilbert's authenticity and Marianne Williamson's strong spirit, you'll adore how Danielle lays bare "boundaries for spiritual people"; the "discipleshit" that happens when we give our power away; a "soul-perspective" on suffering; "overtolerance" and "foolish compassion" in relationships; sneaky self-loathing; and spiritual glamour. And in her poetic and brazen way, she brings it home with the hottest truth of all: You are your own guru.

Book Information

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Customer Reviews

I was given early access to this book as a member of its "Launch Team". I've read it several times and here are my thoughts: Definitely a worthwhile read for any Danielle fan, or someone burnt out on "New Age" and feeling like they are doing the "right" things spiritually but not getting anywhere meaningful. The main message of the book is that only YOU can look inside yourself and "be your own guru", get to know yourself and what you're all about. Radical self-acceptance. Danielle dissects the lies that permeate a lot of New Age thought and encourages the reader to look past these lies and more into themselves for answers. She uses her own extensive life experiences with religion

and spirituality to support her argument, which is super helpful and lends her credence. I really like what she had to say about the meaning of suffering and how to deal with it when it arises. I do, however, have several problems with the book. First off, while it is clearly written to appeal to women, Danielle doesn't just come out and actually say it, which I wish she would. She mentions at one point the importance of including men, but there are no men really mentioned in the book - it's all bits of conversations with her girlfriends. I think the book would be more powerful if it either a) was written with all genders in mind; or b) was explicitly feminist and, say, explored goddess narratives. I also feel that certain messages in the book are really only accessible towards people with a certain amount of privilege, and I wish Danielle had expressed more cognizance of this. As someone who has worked with low-income clients as a caseworker, I can see how the ideas about "not letting your bills get to you" or "staying positive" don't apply to someone who experiences constant life stress and oppression. This is a trend that I see - a lot of spiritual books coming out, written by white women, that don't seem to acknowledge that those women are writing from a position of privilege. For me, unfortunately, this taints the message of what is otherwise a well thought-out and helpful book. So on the one hand, I liked this book - I'm going through a major transformation in my life, and a lot of Danielle says are things that I can relate to. On the other hand, I like to see when an author owns their audience and wish Danielle had expressed more insight into whom she was specifically writing FOR. She's done some populations a disservice by ignoring them in this book.

I love how White Hot Truth digs into the obsession we may have with "improving" our lives and even takes a hard look at how the spiritual/self-help/empowerment industry drives and exploits that tendency many women (in particular) have to feel they can do better, be better, get better, etc. Many of the messages made me nod my head in total agreement as well as laugh out loud. I did find some inconsistencies in what she opts to reject (crystals, mudras, mantras) and what she seems to accept without question (soul contracts and the universe as some kind of cosmic order-fulfillment/dispensary system) and in the last two chapters she presents "as truth" something that I've evaluated at length and do not see as truth at all (the idea that our souls have all chosen our life "lessons" in advance and are learning something we've specifically come to learn. This idea, for me, completely breaks down with any kind of logical evaluation). But, that's the deal. Danielle doesn't think you should accept her truth as The Truth. That is kind of contrary to her whole focus. She wants you to run wildly into the arms of YOUR Truth and to stop trying to do it "right" or someone else's way. I love how she is able to gently mock so many new age experiences/axioms

from within that community, from having been there and done that, little wisecracks about how she is drinking her wheatgrass smoothie or lemon water. The "been there" and there's some crap mixed in, quality, really makes White Hot Truth a liberating read (or listen). Note: I originally listened to the audio version of this book and the relational quality of listening to the author read the book, brings it into a conversational realm in particular in a way that makes me overlook some of the aspects that might be more "four star" in print. White Hot Truth is awesome. It is funny, relatable, honest, no nonsense, inspiring, and helpful.

White Hot Truth is the journey of enlightenment that we all travel in different ways. This is a book that will have you reveling in familiarity, soul searching, and laughing out loud. Danielle LaPorte is a beautiful, spiritual gift to the world. She is consistent in her message through all her writings yet she evolves in the truth that she shares. This is refreshing because she confirms that we all should evolve in truthÃ¢Â¢Â¢ in our own way. The stories that she shares has truths that have been lived by every woman. Who hasn't had to deal with the cheating man, years of soul searching, and having that snarky cobalt-blue mascara run down your face? I have! This book is a wisdom jewel that I'll revisit often like her previous books, The Fire Starter Sessions, and The Desire Map. White Hot Truth is a beautiful life evolution that reminds me to love myself like it's my job, know what matters the most to me, and remember that how I live is how I lead.

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