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**REMINDER: NATIONAL HONESTY DAY IS APRIL 30
INTERNATIONAL HONESTY EXPERT AND AUTHOR STEVEN GAFFNEY CHALLENGES EVERYONE TO
COMMIT TO JUST ONE DAY WITHOUT LIES**

National Honesty Day is a great reminder to tell the truth, but it also forces us to confront the ugly truth about ourselves. Gaffney warns you may not be as honest as you think.

Washington, DC – National Honesty Day arrives April 30, bringing with it a healthy reminder to examine your current level of honesty. The holiday was created so the month would end with focus on honesty after beginning by encouraging lies and deceit (April Fools' Day). The holiday challenges people to evaluate just how honest they are, and according to author, speaker and honesty expert Steven Gaffney, you may be surprised by your findings.

A survey of 1,000 adults reported in James Patterson and Peter Kim's book "The Day America Told the Truth" found that 91 percent lie routinely. Gaffney likes to add, "The other 9 percent probably lied when surveyed." This percentage may be surprising to some, but not Gaffney.

"Lying is not just about making false statements," he explains. "It also encompasses everything that is conveniently left out, avoided or withheld." His nearly 20 years experience advising top government leaders and Fortune 500 executives on increasing the bottom line through open, honest communication has shown him the mounting costs of such withholding.

Open, honest communication is often the antidote to the hidden costly problems that inhibit organizations' teamwork, collaboration, innovation and growth. This National Honesty Day, try it out. Discover the opportunities honest communication brings in both your professional and personal life.

Why limit honesty to just one day, though? If you are feeling really brave, try honesty out for the whole week. In honor of National Honesty Day, Gaffney will reveal one honest communication tip each day to help everyone get the "unsaid" said. Implementing the tactics he provides will improve the results of your honesty evaluation on April 30.

Steven Gaffney is available by phone, Skype and via satellite to comment on National Honesty Day and how to improve your open, honest communication skills.

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About Steven Gaffney:

Steven Gaffney is a leading expert on honest, interpersonal communication, team performance, leadership and change management. He has worked with numerous Fortune 500 organizations to increase revenue and drive profit, as well as with many governmental agencies to better allocate resources and taxpayer dollars. Thousands credit his keynotes, breakout sessions, seminars, media appearances and three books with making the immediate and lasting changes in their personal lives and careers.

If you'd like more information about this topic, or to schedule an interview with Steven Gaffney, please contact Brea Phillips at 703-241-7796 or brea@stevencaffney.com. For more information on Gaffney's seminars, presentations and Honest Communication Results System™, visit www.stevencaffney.com.

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