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Interview Common Decency Expert and Author Colleen Doyle Bryant on:

Rooted in Decency: Finding Inner Peace in a World Gone Sideways

Meet Colleen Doyle Bryant



[Colleen Doyle Bryant](#) is the author of five books and more than 50 learning resources about making good choices for the right reasons. Her Talking with Trees series for elementary students and Truth Be Told Quote series for teens are used in curriculums to teach good character traits and social emotional skills like honesty, respect, responsibility, and kindness. More than 100,000 of her good values teaching resources are downloaded each year by parents and teachers around the world. Colleen's upcoming release, ***Rooted in Decency***, looks at why common decency is suffering today, why that's so unsettling, and how society can get back to a shared set of values that promotes cooperation and trust.

About Rooted in Decency: Finding Inner Peace in a World Gone Sideways

What happened to common decency? And how do we get it back?

Take a quick scan of the headlines and... wow. From disrespect to elaborate deceptions, it's easy to question whether indecency has taken root in our society. Some people are doing what they think is "right" while others are wondering how they could do something so terribly, morally "wrong." It can make you wonder; do we even share common values anymore?

Rooted in Decency reveals some surprising reasons behind why people are acting so wrongly toward each other and why that can make life feel so off-balance. While it's based on intriguing research from modern science to ancient moral philosophy, ***Rooted in Decency*** is written in straightforward language for a

Colleen Doyle Bryant

ROOTED
IN DECENCY

Finding inner peace in a world gone sideways



busy audience. Each chapter is a short conversation that presents brilliant insights—from neuroscience to happiness science, from Aristotle to Buddha—that bring new light to today’s moral dilemmas. Find intriguing discussions like:

- Why people are so willing to believe lies
- How happiness is tied to self-respect
- Which core values the world’s major religions have in common
- Why you can't shame someone into agreeing with you

Taken alone, each chapter offers an “a-ha” insight that can change the tone of how we relate to each other. Or, journey through all the chapters and discover that we do, in fact, share common values—and discover actionable steps that can help society get back to a place that’s rooted in decency.

Rooted in Decency will help readers define their own moral values and find better ways to engage with those around them who are also searching for meaning, purpose, and connection.



Drawing from her expertise and key themes in *Rooted in Decency*, Colleen can discuss:

Society and Values

- What happened to common decency? - Why so many people are suspending the rules of civility
- “Moral Disgust” - How to tell if a news source is using language to manipulate you
- Is morality today a personal choice or do we have shared ideas about what is right and wrong?
- Do you need religion to be moral? What does morality look like without religion?
- What the moral codes of the world’s major belief systems have in common
- The impact of glorifying bad behavior
- How some groups are using respect to justify disrespect
- What is Truth: How to find the lines between spin, white lies, and immoral deceit
- A New American Moral Compass: Which values and American democratic principles could overcome divisiveness?
- The difference between shame and accountability— only one will change people’s behavior
- Collective blame culture is not only immoral, it alienates allies and foes alike
- The true meaning of compassion balances caring with responsibility
- On the importance of being reasonable- society depends on balancing forces in the middle

Wellness and Psychology

- The secret to happiness (it’s probably not what you think): Four essential sources of well-being help that can help us find happiness in life
- The impact of self-respect and agency on mental well-being
- Cognitive Dissonance: How this psychological phenomenon encourages us to embrace deceit
- Embracing Grey Areas: Working to move away from an all-or-nothing point of view

- The Empowering Force of Responsibility: Rediscover the praise and reward side of accountability
- Self-Respect Versus Self-Esteem: What does each of these ideas look like and is one more important than the other
- A Misunderstanding about Self-esteem: How the focus on self-esteem has caused more harm than good
- Mindless Thinking: How to break free from automatic thinking that limits us
- 9 Examples of Cognitive Distortions that are inflating negativity and hopelessness
- The importance of noticing the bright side- how to find more joy in life

For more information, please visit:

colleendoylebryant.com
[Instagram](#) | [Twitter](#) | [Pinterest](#)

Rooted in Decency: Finding Inner Peace in a World Gone Sideways Healing is available on [Amazon](#) and everywhere books are sold.

COPIES OF *ROOTED IN DECENCY: FINDING INNER PEACE IN A WORLD GONE SIDEWAYS* ARE AVAILABLE UPON REQUEST

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