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Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is a bestselling author of six books, all published by WW Norton and translated into more than a dozen languages. She is also the creator and Series Editor of the 8 Keys to Mental Health Series.

Here are eight keys to doing just that, according to mental health professionals: 1) Honesty “I feel the key to any and all healthy relationships is telling the truth, or at least not lying,” says Certified Life Coach Caleb Backe. “Why is this fundamental? Because telling the truth comes at a price sometimes.

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