

Sources

-  [Langleben et al. \(2002\): Lying activates truth-recall systems plus extra self-control and conflict-related brain activity](#)
-  [2017 meta-analysis: Lies take longer to produce than truthful answers](#)
-  [Christ et al.: Deception-related frontal activity reflects working-memory demands](#)
-  [Aldert Vrij: Lying requires constructing, monitoring, controlling, and remembering a false account](#)
-  [Two-week study of 75 professionals: Impression management depletes self-control and predicts worse workplace behavior](#)
-  [Ganis et al. \(2003\): Spontaneous and rehearsed lies rely on different brain systems](#)
-  [UCL study \(2016\): Repeated self-serving lies grow as the amygdala's response diminishes](#)
-  [DePaulo et al.: Everyday lies are less common with close relationships and make conversations less pleasant](#)
-  [Serota et al. \(2010\): Most people reported zero lies; a small minority accounted for nearly half](#)
-  [Father Zosima: Lying to oneself blurs truth and weakens self-respect](#)
-  [Three-day radical-honesty experiment: Honesty was more enjoyable and connecting than participants expected](#)