# Express Yourself: The Psychological Impact of Authentic Communication

written by Dr. Ronald Hoffman | March 4, 2026

‘Words can never hurt me’—is it true? Dr. Chloe Carmichael, author of “Can I Say That?,” breaks down how open dialogue influences anxiety, depression, and personal growth. Dive into the intersection of psychology and free speech, and explore the power of language in shaping our psyche. Don’t miss it!