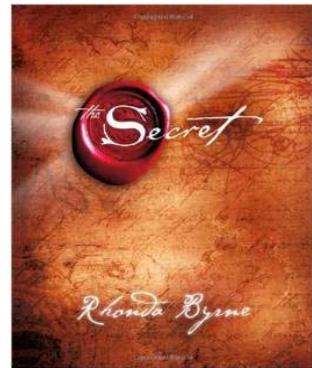


BOOK REVIEW

Title : The Secret
Authors : Rhonda Byrne
Publisher : Atria Books / Beyond Words; 1st Atria Books /
Beyond Words Hardcover E- edition (June 10, 2010)
Pages : 198 pages
Price : Rs. 350/-



"One of the most powerful uses of gratitude can be incorporated in the Creative Process to turbo-charge what you want." The Secret, p.80.

The Secret is a self-help book about the power of positive thinking by Rhonda Byrne.

Byrne focuses on the idea that your dreams do in fact come true - thinking about money and wealth will attract these very things, causing them to manifest in your life. Likewise, fretting over a worst-case scenario will only cause your fears to be realized. Hence the importance of positive thinking. There are no accidents and bad luck. Instead Byrne writes, "Your life right now is a reflection of your past thoughts."

It is based on the law of attraction and the central tenet is that the law of attraction coupled with positive thinking can bring about life-changing results that will lead to a fulfilling life. The book teaches various techniques and shortcuts to understand and implement this concept in our lives.

This book answers some basic questions like why are we asked to nurture good and healthy feelings right from our childhood. As a matter of fact, these are the things that decide the course our lives take. The Secret introduces a three-step creative process to help people turn their dreams into reality. The process involves asking, believing, and receiving, stresses the importance of feeling gratitude and visualizing in order to help us realise our dreams.

The Secret highlights gratitude and visualization as the two most powerful processes to help manifest one's desires. It asserts that being grateful both lifts your frequency higher and affirms that you believe you will receive your desire. Visualization is said to help focus the mind to send out the clearest message to the universe. Several techniques are given for the visualization process, as well as examples of people claimed to have used it successfully to manifest their dream.

Nothing magically appears, but through thoughts lead you to actions, which can lead you to what you want. Because the opportunity is now there, made by being positive and happy. Positive + Happy = Gratitude.

I take it as a guide more than a page by page factual piece of literature. The basic message of The Secret is more about the positive than negative. It is saying the power of positive thinking is real and good... I agree. Thinking positive and being nice to others can only bring good results and that's what I got from this book.... and I agree 100% with that.

Worth a read, good reminder to put your life back into perspective on what really matters. It's still a good book to read if you want to know more about life and especially about yourself.

The book has sold more than 19 million copies worldwide and has been translated into 46 languages.

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