



## The secret by rhonda byrnes

Summary of a phrase from "The Secret": Rhonda Byrne explains how we can use the law of attraction to attract everything we want in our lives, and shows us how to control our thoughts. By Rhonda Byrne, 2008, 238 pages Chronicle and synthesis of "The Secret": Introduction The author Rhonda Byrne begins by explaining what circumstances are when he wrote his book: The way she discovered what she called "The Big Secret": Rhonda Byrne tells the story of how, by chance, he ended up reading a tomo of 100 years, when he was deeply depressed. The discovery of the Secret was a revelation for her: His need to share this secret: for Rhonda Byrne it became essential to spread this secret all over the world. Thus, he began to look for the contemporaries who knew it and collected numerous testimonies. This research led to: The production of a film called "The Secret". The publication of the book. following the success of the film. This book is co-written with twenty-four professors who all have witnessed on the theme of the Secret. These testimonies illustrate the ideas of Rhonda Byrne throughout the book. Part 1 — Secret revealed 1.1 — The secret, is the law of attraction! The law of attraction means that we ourselves attract all the things that happen to us through our thoughts and images that we have in our minds. In this way, what we nourish in our minds, we will draw in our minds, we will draw in our minds. one in the universe. the law of attraction: first appeared at the beginning of time: is always existed and always will; Determines the ultimate universal order, every case of our lives and everything we experience; He discovers our whole life and works through our thoughts; is activated through our minds (e.g.: lucky people feed their minds with thoughts based on turn and wealth and do not allow contradictory thoughts in) It responds to our thoughts. 1.2 — birds of a feather stick togetherwith rhonda byrne, we are: Blessed with immense magnetic power: one who has no equal in the world and comes from our thoughts; the mirror image of our dominant thoughts, which attract what we think most: once we think of something, we systematically attract parallel thoughts; able to change our whole life: It is about projecting most in our minds and creating a thought. this principle is summarized in three words: thoughts become reality, 1.3 — attract good rather than evil hypothesis are magnetic and have a frequency, all your thoughts are sent into the universe and, like a magnet, they draw everything on the same frequency, all that is sent back to the source, that is to you. This, according to rhonda byrne, is the only reason why people do not get what they want, they think about what they do not want instead of what they wantAct of attraction is a natural law: is also as impartial and impersonal as gravity itself. is not distinguished between good and evil. and capture our thoughts and send them to us in the form of life experiences. the law of attraction simply gives us what we think. the law of attraction is the law of creation: quantum physicists tell us that the whole universe emerged from thought. When we become aware of this great law, we become aware of the incredible power within us: thinking about our lives and creating it. Because we don't stop thinking, we can create our life without stopping. the law of attraction is total perfection: is accurate and accurate in the law of gravity, there are no exceptions in the law of attraction. life is in our hands. we can consciously choose our thoughts and then change our lives. we can remodel our whole life simply by changing the way we think. 1.4 — the power of your mind today, we must become aware of the power that our thoughts shape your future life. what you think most, or what you focus at the most, will manifest in your life. all about this planet is subject to the law of attraction what distinguishes human beings, is that they have a mind capable of distinguishing. can freely choose their thoughts often, when people begin to understand Big Secret, they're afraid of any negative thinking that might come to mind. Rhonda Byrne explains that if we are afraid to have negative thoughts, we will only end up feeding this fear and these negative thoughts multiply. She suggests that from now on we only think of positive things Moreover, it is essential to tell the Universe that all our positive thoughts are powerful and all the negatives one are insignificant. Meditation To help us master and calm our minds, you can use meditation. The statements of this book of all professors refer to daily meditation, without exception. Meditation can be powerful. Slow down your mind, helps us control our thoughts and revitalize our body. According to Rhonda Byrne, from three to ten minutes a day it is enough to exercise control of our thoughts already very powerful. Be the master of your thoughts To become aware of our thoughts, we can also express this intention: "I am the master of my thoughts." You are a human transmission tower and transmit a frequency through your thoughts. If you want to change this frequency by changing your thoughts. At the end of this first part, Rhonda Byrne suggests that we decide what we want to be, do and have. We must then impose our minds with these thoughts and emit the corresponding frequency. By doing this, according to the author, the projection will become our life. Part 2 — Simplified secrecy2.1 — Past problems are also the result of the lawwhen people first feel about the fact that we attract our circumstances, they think of all past tragedies that have caused so many deaths. Therefore, they find it incomprehensible that so many deaths. Therefore, they find it incomprehensible that so many deaths. tuned into a frequency that corresponded to these catastrophes. This does not necessarily mean that they thought about these events in particular, but their thoughts were on the same frequency as the circumstances: If people think they can end up in the wrong place at the wrong time, and that they cannot exercise any control over external circumstances, these thoughts live on the axis of fear, separation and inpotence, and if they are persistent, they can actually do so so that people are actually in the wrong place at the wrong time. 2.2 — Appeal to your feelings How it is impossible to control all our thoughts, Rhonda Byrne suggests a simpler way to make the law of attraction work: appeal to our feelings. Our feelings are, in fact, excellent tools to shape our lives. They tell us very quickly what we think: To find out how you feel, ask yourself how you feel. Emotions are valuable tools that provide immediate information on the nature of our thoughts. It is very simple: Negative feelings (depression, anger, resentment, guilt) make you feel bad; positive feelings (excitation, joy, gratitude, love) make you feel good. Therefore, forbyrne, it is important to grasp the moments when you feel good and feed them. In fact, whenever we feel good, we attract more good things for ourselves. rhonda byrne suggests that we hate our feelings intentionally. to do this, we can simply give more intensity to our emotions. this will transmit a more powerful frequency and therefore will promote the manifestation of an event. 2.3 — suggestions to change our mood here, rhonda byrne gives us various tricks to change our mood when we don't feel well: focus intensely with the intention to improve our mood: to do this, close your eyes, focus on what you feel inside and smile for a minute. listen to a nice piece of music or sing: This can be your favorite song for example, think of something beautiful, a child or someone you love deeply: soak these images, keep that thought alive in your mind and prevent any other thought from changing it. make a list of some secret triggers, always available, which can instantly change vour feelings and frequency: wonderful memories future events fun moments Natura2.4 — love — the greatest feeling! for the byrne, in the universe there is no more power of love, this feeling is the highest frequency we can emit. Moreover, the greater the love we feel and emit, the more power we give to others and ourselves. If you could wrap each of your thoughts with love, if you could love everything and everyone, your life would be transformed. rhonda byrne also tells us that some of the greatest of the past refer to the law of attraction and the law of love. Finally, in this second part, rhonda byrne emphasizes our power and our freedom thanks to the secret he shares with us. In fact, once we understand and control our reality. Part 3 — how to hate the secret to start this third part on the secret, rhonda byrne suggests that we imagine being the character of aladdin who asks genius for what he wants (i.e., in the context of the law of attraction, to the universe.) 3.1 — the creative process you are a creator and the law is an easy process. rhonda byrne describes how to use the creative process of secret to create what we want, in three simple steps: first step: to ask is to choose what we want. It is time for us to determine our desires with clarity and precision. once we have formulated these desires in our minds, we ask. second step: believing this step is believing that we already have what we want. We must have total and absolute faith. "Belief" is supported by what we do, we say, and we think, as if we had already got what we asked, when we do, the law of attraction sets out the circumstances, the people and events that will allow us to receive what we ask, rhonda byrne suggests; a play fingering use visualization (show that we already have what we want) third step: receiving is not intellectually believingWe must maintain a feeling that corresponds to this belief to have enough power and thus generate what we want in our lives. In short, we must hear it! Don't postpone. Don't hesitate. And don't doubt it. When the opportunity arises, when the impulse is there, when an intuition challenges you, act. For Rhonda Byrne, it is simply to trust your instinct: It is the Universe that speaks to us, tune in the frequency of reception. 3.2 — The secret and your body In this section, Rhonda Byrne puts in place the creative process for the benefit of those who are overweight and would like to lose a few pounds. The two secret ideas on the question of weight, we end up attracting thoughts related to this idea. In fact, we will support the thought that will ensure that we constantly need to lose weight. Second idea: We must understand that this excess weight is the result of our thoughts. Food does not make us gain weight, unless we think it is responsible for it. Rhonda Byrne also insists that our ideal weight is what makes us feel good. There's no other option. The creative process of secret in three stages So, to attract this ideal weight and perfect body using the creative process of the Secret, you need to follow these three steps: First step: to ask It is a clear determination of the weight we want to be. So, we have to project into our minds, an image of us that we havethis ideal weight. Second step: believing It is essential to believe that we are already in this ideal weight. We must see ourselves by receiving To receive we must be comfortable with our body, not find guilt with it, praise it, bless it, or think it is perfect. Be completely present when you eat For this reason, Rhonda Byrne suggests and exercise where we focus on our chewing. It says that if we concentrate and eat at the moment, food will be perfectly absorbed in our system and consequently our body will become perfect. According to the author this worked for his overweight problem. To sum up, to lose weight, we must not focus on the idea of "slimming". We need to focus rather on our ideal weight: how beautiful it would be to be your ideal weight. 3.3 — How long does it take? For the Universe, the notions of time and size do not exist. Actually, the notion of dimension is not of importance in the Universe [...]. The Universe doesn't need time to create what we want. For the Universe, it is equally easy to create a dollar as it is a million dollars. Therefore, in order to attract something we think is huge it no longer takes or it is more difficult than attracting something we think is infinitely small. In the meantime, when we start asking for small things it is easy to see the law of attraction in action. For Rhonda Byrne, when we strongly design ourto attract something small, we become aware of our power to attract. We will get more ambitious and bet higher. 3.4 — Create your day in advance According to the Secret, if we create our day in advance thinking about how we want it to take place, this allows us to shape our lives intentionally. Part 4 — Powerful Processes 4.2 — Free According to Rhonda Byrne, gratitude is a fundamental element of the teachings of the great masters who preceded us. He trusts that after all he has read and lived in his life by applying the secret, it is the power of gratitude to the point where it becomes a lifestyle. Rhonda Byrne explains that the moment when we begin to look at what we have differently, we attract more good things. According to her, thoughts and feelings that do not recognize this are negative emotions (joy, resentment, dissatisfaction, incomplete feeling). That is why gratitude is so crucial if we want to enrich our lives. According to the Secret's approach, to start a transformation of life, Rhonda Byrne recommends: Working a list of things that you feel grateful for; Get grateful for all those things that contribute to your well-being: Feel gratitude for what you already have Rhonda Byrne also encourages us to express our thanks in advance so that we can "turb" our wishes and send a strong message to To do this, on the basis of the creative process of the Secret, we can, for example, write our requests on paper and start each of our sentences with "I am so happy and grateful now that...."4.3 — VisualisationRemember to follow for viewing is also a process that has been taught by all the great masters, past and present. It is: The process through which we create a mental image of ourselves that has already come to fruition. If the visualization is so powerful, it is because we create mental images of ourselves already in possession of what we want, and this will generate thoughts and feelings associated with the materialization of our desires. When we visualize, Rhonda Byrne recommends; Always think deeply about the final result We should generate these powerful thoughts and emotions that they would like if we already had what we want. The law of attraction reminds us of this reality, just as we imagined it. Feel the corresponding emotion: Our feelings should experience this materialization without worrying about "how". Our mind and all our being see this event as already in place. Put a lot of movement in the pictures you design: This is because keeping a static image in your mind can be more difficult. Designing an image in our minds and feeling it, we put ourselves in a mentality where we believe it represents something we already have. We therefore confirm our trust and faith in the Universe. A view or create our future when we define ourselves based on our current situation, we will condemn ourselves to live the same thing in the future. to avoid this, rhonda byrne suggests to do an exercise first put forward by neville goddard during a conference called "The pruning shears of Revision" in 1954. this exercise involves reviewing the events of our day, every night before going to sleep. If an event or a moment did not go as planned, we must display it differently, through a positive prism, the way we would like it. doing this, we delete the frequency at which we were tuned during the day and transmit a new signal and a new frequency for the next day. so we intentionally create new images that will prescribe our future. 4.4 — the action taken by the slightest doubt when we let the slightest doubt enter into our mind, the law of attraction is combined with a similar thought. is for this that, at the time when this doubt appears, we need to get rid of it immediately, throw it out and replace it with: "I know I'll get what I want now." create a display tablerhonda gives our free imagination rein on a display table: put in illustrations of all the things you want from life; put this table in a place where you will see it every day; Sense you already have these things; Feel grateful when you receive them, then remove these images from the table to insert others. focus on wealth to attract money is impossible to attractif we focus on poverty. From here on, Rhonda Byrne suggests that we use our imagination to assert that we already have the money we want. Among other things, we can: Playing to be rich and feel better about money; Feel happy now; See the arrival of the checks in the post; Think prosperity; Give money (when we show generosity and feel good when we share our money, it is as if we already live an easy life); Every time we see something we like, let's say to ourselves: "I can get it. I have the means to buy it"; Finally, Rhonda Byrne insists that to fully take advantage of the law of attraction, we must make it a habit of life, not one-off. Part 5 — The Secret and Money As Rhonda Byrne has already explained before, in order to attract money, we must focus our thoughts on wealth, the fact that we currently have more money in life if we live on the fact that we do not have enough of it, as we end up keeping thoughts based on deprivation. Inspired by Jack Canfield's testimonial, who saw the flow of money when he imagined he received a check for \$100,000 the secret team created the empty check of Universe Bank. In fact you can download this blank check from the internet, put your name on it and the amount required. Then, whenever you look at this check, Rhonda Byrne suggests you let yourself be flooded by the emotions you would feel if you already had this money. You are Imagine spending it. you can then think about all the things you would buy and do, and just as wonderful that you would feel! 5.2 — attract abundance according to the approach of secret, if a person does not have enough money, it is only because they stop the money coming from them, with their thoughts. for this, to attract abundance, rhonda byrne recommends to nourish our thoughts on the basis of abundance rather than poverty. 5.3 — concentrated on prosperity when bills accumulate and we do not know how we will pay them, it is essential according to rhonda byrne that we do not constantly think about it, for fear of attracting even more bills. to break this cycle and feel better about money, we have to find a way to focus on prosperity, despite all these bills, to do this the authors suggest us: Inventing games: for example the author describes a game with his invoices that he worked for her and changed his life (has imagined that each of his invoices was a check), start by saying and hearing: "I have more than I need", "There is money everywhere and is approaching me", "I'm a magnet of money", "I love money and money", "I get money every day", "thanks, thanks, various reasons: when we give, we affirm that we have an easy life; a gift that comes from the heart is one of the most rewarding things we can do: the lawthe attraction will take on this and return us 100 times more. That's why we have to start making a gift, especially if we think we don't have enough money to give it away. Part 6 — Secret and interpersonal relationships6.1 — Our actions must reflect our wishes When we want to attract something into our lives, we must be sure that our actions do not contradict our desires. We must act as if we receive what we have asked, do exactly what we would do if our wishes were fulfilled that day, and act so that it reflects this expectation. 6.2 — Everything begins with usRhonda Byrne explains that when we feel insecure, we block all love. If we don't treat each other as we'd like the others to treat us, we can't change things. It is therefore essential that we begin to take care of us. If we radiate love, the whole universe will be dedicated to our happiness. For this reason, Rhonda Byrne recommends: Make yourself happy especially: Everything starts with us. If we don't take care of ourselves first, we won't have anything to offer to others. Reorient our thoughts and focus on everything that is wonderful about us: we must look for what is positive about us and focus on our qualities. Thus, the law of attraction will prove even more. Love everything and everyone, focus on what we love: It is essential that we feel love. Joy lies on the same frequency as love, the most powerful and all-powerful frequency is there. Treatments with love and respect: This is how we attract people who will also give us love and respect. On the contrary, if we are insecure, we will face other situations and people who will harm our well-being. Make sure our thoughts, words, actions and environment do not contradict our desires: This is particularly important if we are looking for a loving relationship. Focus on what we begrudge in them: To enjoy a harmonious relationship, the author recommends us to focus on the gualities of the other person. Doing this will attract them even more. Often, we give others the opportunity to provide our happiness. However, most of the time, do not match our expectations. Why? Because only one person is responsible for our happiness: ourselves! Part 7 — Secret and healthIn terms of secret, our body is the product of our thoughts. Medical science is beginning to understand how the nature of our thoughts and emotions influence our physical make-up, as well as the shape and function of our bodies. 7.1 — The placebo effect The placebo effect is a flashing example of the law of attraction. It's a powerful phenomenon. When patients think and believe that the pill swallows is medicine, they receive what they believe and are cured. 7.2 — The daughter is the best medicine In this section, Rhonda Byrne gives us the testimony of a woman who got cancer and used laughter to cure herself (every day she watched funny movies). Istory, the author faces three extraordinary powers: Free on care; To be in the realization of our desires; Rise and joy to free our body of disease. It emphasizes in particular the laughter that frees us from negativity and is at the source of miraculous care. 7.3 — Thought-oriented thoughts, we can create perfect health, perfect body, ideal weight and eternal youth. In fact, according to Rhonda Byrne, all you have to do is constantly nurture your thoughts along the axis of perfection and happiness. According to the law of attraction, this will only make things worse. It is thought that the disease of the disorders in our body. We keep him recognizing his presence and paying attention to him. Similarly, if we listen to others talk about their diseases, we add energy to their health problems. It is much wiser to deviate the conversation to something more positive and direct our thoughts to wellbeing. Also, beliefs around aging are also a product of our mind, according to the secret. It is therefore essential to free our conscience from these thoughts and to focus on eternal health and youth. 7.4 — Nothing is incurable. provided by Morris Goodman, known as the miraculous man (he managed to live a normal life long after doctors told him that he would soon live in a vegetative state), according to the author, the incommensurable power and the unlimited potential of the human spirit. part 8 — the secret and the world8.1 - the resistance is futilesecond byrne, resisting something is like trying to change the pictures after they were transmitted. It's useless. It is rather better to look inside and transmit a new signal with thoughts and feelings to create a new image. Moreover, resisting what just appeared, we add only more energy and power to the images we don't like. all we do is attract even more, as we are strongly linked to them through emotion. therefore it is impossible to help the world focusing on negative events. Instead of focusing on the problems of the world, we must focus our attention and energy on trust, love. abundance, education and peace. Mom theresa was brilliant. he said: "I will never participate in an anti-war gathering. if you are organizing a peace event, invite me." He knew. He understood the secret. contained in the secret, it is the idea to divert our attention from what we do not want (and all the emotional weight that comes with it) and focus on what we want to experience. On the contrary, focusing on good things in the world and in our lives. So, once we feel good, we elevate our lives and we elevate the world! 8.2 — the universe is abundant the truth is that there is an abundance of everything. creative ideas abound. there is more power, love and more joy that is necessary. And all this begins to manifest itself through a conscious mind of its infinite nature. Here, Rhonda Byrne states that: The things we can attract in our lives with our thoughts, are unlimited as our ability to think is limitless; The Universe offers everything to everyone through the law of attraction. So, all we have to do is draw from a bottomless pit, using our thoughts and feelings. We will never be lacking in good things, as there are enough for the whole world. Life has been conceived for abundance. The essence of this law is that we must think abundantly: see abundance, feel abundance. It is therefore essential not to allow any thought based on the scarcity of entering our mind. Moreover, it is important to praise and bless all that the world has to offer (including our enemies). In this way, we eliminate all negativity and discord, tune at most of all frequencies: Love. Part 9 — The Secret and You9.1 — We are on an energy plan that is evolving to an even larger energy plan Rhonda Byrne describes how to study quantum physics helped her to better understand the secret, at an energy level: In simple terms, all energy vibrates at a frequency. Being energy yourself, you also vibrate at a frequency, and it is your thoughts and feelings that will determine this frequency at all times. All the things you want are made up of energy and vibrate too. Everything is energy. As a result, they attract uslike a magnet. We can create an electric current between us and all the things we want. In reality, every human being manages its magnetic energy. No one else is better place to think and feel more effectively. And so, the frequency on which they are found is created by their own thoughts and feelings. Energy cannot be created destroyed, it only changes form. As a result, the pure essence of one's self is always existed and always will. 9.2 — The Unique Universal Spirit In this section, Rhonda Byrne reveals that the Universe comes from thought, so not only are we the creators of our destiny, but also of the Universe. Quantum mechanics confirms it. Quantum cosmology confirms it. The Universe emerges essentially from thought and all the matter around us is just a projection of thoughts. At the end of the day, we are the source of the Universe, and when we understand this power after having experienced it in the first person, we can begin to exercise our authority and begin to multiply our results. Some of the greatest masters have described the Universe saying that nothing exists besides a unique Universal Spirit and that the Unique Spirit is everywhere. In "The Secret" Dr. John Hagelin, a quantum physicist, says: If everything is this unique Universal Spirit and exists everywhere, then it is entirely in You. For Rhonda Byrne, this means: All possibilities already exist. All knowledge, all discovery and all future invention is contained the Universal Spirit as a possibility, waiting for the human spirit to draw them. We have access to an unlimited tank of ideas: the Universal SpiritAll knowledge, discoveries and inventions are possibilities in the Universal Spirit. They are just waiting for the human spirit to reveal themselves. We are able to draw on this well without background of ideas through our consciousness and imagination. So, in the end, everything is in our consciousness. We are all OneWe connected, and we are all part of the unique energy field, or the unique supreme Spirit. So when we fight with someone, we fight Ours. We have to get rid of this concept of competition from our minds, which comes from a mentality fed by shortage, and the idea that supply is limited. Instead we should become a creative mind, and focus exclusively on our dreams and visions. 9.3 — We are not our pastConcerning our past, Rhonda Byrne suggests that we let go, regardless of what happened. In fact, according to the Secret, if you hold a grudge against a person or blame them for something that might have done in the past, we are really hurting. You must be free from past difficulties, from our cultural and social beliefs. We are unlimited beings and the law of attraction is boundless According to the Secret, attitude, talent, gifts and power that are all at the center of each individual, they are all limitless. Therefore there is no limit to what the law of attraction can do for you. You aredare believe in your ideal, and think of this ideal as a fact. already achieved. In his work "The Master Key System". Charles Haanel believes in a statement that contains absolutely everything human beings might want: I am complete, perfect, strong, powerful, magnetic, harmonious and happy, 9.4 — The true secret of power is the awareness of powerAll our power is in the knowledge that we have the power of the law of attraction, and our ability to keep it always in mind. So, it is essential to be even more aware. One way to do this is to stop and ask yourself: "What am I thinking about this moment? What do I feel now?" With these guestions, we become more aware because we have returned our mind to the present. When you get a deep understanding of the law of attraction, you begin to make habit of asking questions and doing this, you get an answer to each of them. In fact, the Universe has given us answers throughout our lives, but we could only collect those answers when we became aware. The channels that these answers can use, are unlimited. We must love ourselves To love ourselves completely, we must focus on the "presence" that is within us: Take a moment, sit down and stay still. Focus on the presence of life that lives in you. [...] It will begin to turn out to You. It is a feeling of pure love and bliss, it is perfection. This presence is Your perfection. This presence is your authentic nature. Allimperfections that have frightened our lives depends on us. What we do with the knowledge of the Secret rests entirely in our hands. The power is entirely ours. For Rhonda Byrne: we will discover our magnificence We are the heart of a glorious era. By eliminating all restrictive thoughts, we discover the real magnificence of humanity, in all the domains of creation. All we do is good The author makes us imagine everything we could do from today on, knowing now that we are the creators of our destiny. With the law of attraction, what we are, begins today! We just have to be happy! The author encourages us to do the things we like, as this will bring joy. In fact, for her, the essence of the Secret must be happy now. And for her, it's the only thing we have to do. Critic of the book "The Secret" The secret of Rhonda Byrne can change the reader's life that will discover the law of attraction and how powerful message it transmits. Besides, in my opinion. The Secret is a very inspiring book, but it left me with mixed feelings. This book is very positive even though it has some limits in my opinion. The limits of secret theory: The book outlines a method that is simply thinking positively, asking, believing, pretending and waiting for our desires to appear (the Aladdin lamp is given as an example). However. I don't think it's just a matter ofto receive. There are two points that I feel missing to see our wishes come true: The internal transformation necessary to acquire mental positivity, the mentality (and not only "pretending" as the author suggests); The actions necessary to acquire mental positivity. bring his ideas to life, to create opportunities, to build his vision (the author only mentions actions to face visualization and meditation). On the other hand, you could challenge Rhonda Byrne when talking about the law of attraction that is the consequence of our thoughts, in all situations. Of course, the way we think and see the world creates our reality, but what about people who are victims of wars, genocide, natural disasters, etc? Finally, I think that the law of attraction, advanced by Rhonda Byrne as a miraculous cure, can make someone suffering from a disease guilty, or for those for whom the law of attraction does not work: would it be their fault if they can't make it work? The positive aspects of "The Secret": Despite its limitations, "The Secret": Despite its limitations, "The Secret" has a lot of charm. If we are receptive to the bill of attraction, this book can provide a lot of enthusiasm and can change your vision of life. The exaltation of the author communicates his positive philosophy and projects great energy. "The secret" is a book that: It motivates and gives hope to those who have lost it. It makes you believe in your crazy ideas: knowing that we are now masters of our destiny, we think that everything is a dynamic that can throw something impulsive and make us guestion what we really want in life. Encourage us to regain control of our thoughts and find ourselves around what is important and positive. Although it has much that is redundant, the narrative is very easy to read, dotted with inspiring testimonies and guotes. In any case, "The Secret" is one of those books on personal development you have to read! Strong points: A strong message about the power of positive thinking and the intention that can change the life of someone who believes in the theories of the law of attraction; A motivational, positive narrative that makes you feel that everything is possible! Simple and challenging to put into practice. Weak points: A lot of redundant content throughout the book; A feeling that some ideas had to be more nurtured: the state of mind rather than "pretending", turning to action as well as just waiting, etc.; On some points, the message is guilty-ridden and suffers credibility-wise. My assessment: Have you read "The Secret"? How do you rate it? Read more reviews on Amazon on "The Secret"? How do you rate it? Read more reviews on Amazon on "The Secret"? How do you rate it? Read more reviews on Amazon on "The Secret".

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