



Title: The Secret

Author: Rhonda Byrne

Summary:

The Secret is based on the Law of Attraction. In essence, anything that happens to you or comes to you is the result of your thoughts. What you focus on will come about as you train your thoughts on its attraction. This book is extremely popular and has an almost cult-like following of readers and watchers of the video version.

Top take away points –

- The Great Secret of Life is the Law of Attraction. What you focus your thoughts on will come about.
- Ask for what you want, believe it is yours, and feel as though you have already received it. Create your day in advance by thinking about how you want it to go.
- Visualize what you want.
- To attract more money focus on wealth. Give money in order to bring more of it into your life.
- Take care of yourself first so you have something to offer others.
- Disease is held in the body by the thoughts you hold.
- What you resist you attract because you are focused on it with emotion.
- The only thing you need to do is feel good now.

Review:

**What's good-**

Getting people to focus on having a positive attitude is a good thing. You can't expect good things to happen when you are walking around like Eeyore the donkey from Winnie the Pooh expecting the worst of everything and everyone. Getting people to develop a long-term plan for what they want to accomplish is a good thing because it's pretty hard to accomplish things you don't even know you want.

**What's might not be so good-**

This book/video is really just another version of Napoleon Hill's "Think and Grow Rich". Yes, you need to have a positive attitude and you need to focus on the right things. Both attitude and focus are essential for success. What is easily overlooked by readers of both "Think and Grow Rich" and this book is that you have to take action to make the things you want to have happen, happen. The Secret



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misleads the reader to believe that if you just think about great things long enough and those thoughts make you feel good enough that things will just happen. Wrong, wrong, wrong! The things you want to happen will not happen unless you have a clear plan of action for their accomplishment and you focus on the right things and take the right action to make them happen. It is a little known fact that Napoleon Hill himself died a pauper. Even though he had the right thoughts and feelings he too missed the boat when it came to taking the right actions as will the readers of *The Secret* if they follow it exactly as written.

The *Secret* is certainly a financially rewarding endeavor for the author and those that participated in its production through book sales, speaking engagements, coaching, etc. Just make sure that you also get financial rewards from having invested in this book if you decide to buy it by making sure that you focus on taking the right action.