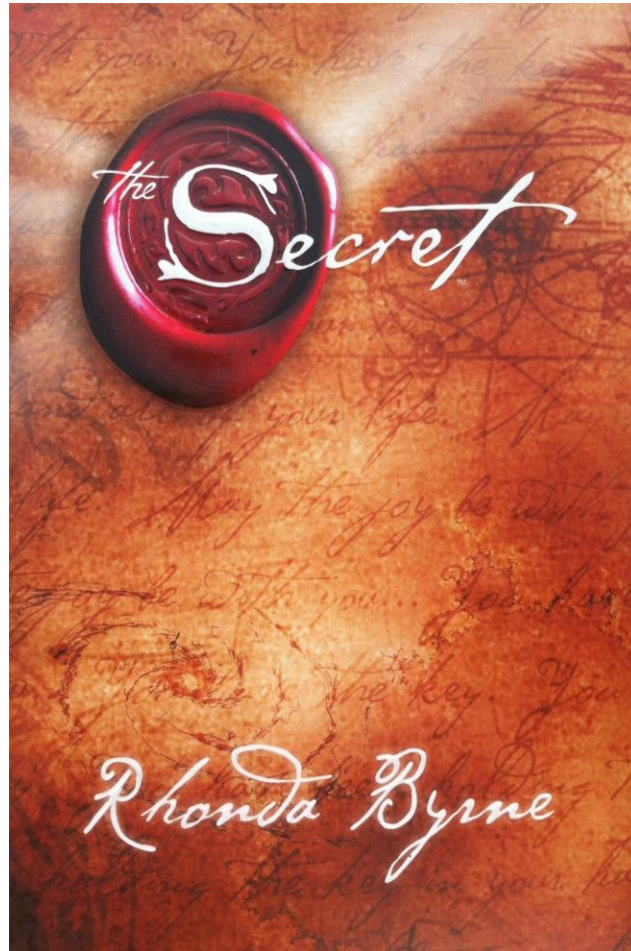


The Secret Book Summary



The Secret is a self-help book by Rhonda Byrne that explains how the law of attraction, which states that positive energy attracts positive things into your life, governs your thinking and actions, and how you can use the power of positive thinking to achieve anything you can imagine.

- The law of attraction is one of the most prevalent principles in the world.
- To use the law of attraction, you must think about what you want, not what you want to avoid.

The three steps of the law of attraction are asking, believing, and receiving.

So yes, it's important to put yourself in *the right state of mind to achieve your goals*, but that alone won't cut it.

Every night think about *future accomplishments* and *visualize them*.

To manifest your dreams, you must ask, believe, and then receive.

- Besides regularly thinking about your goals, visualizing them, and framing them positively,
- Rhonda suggests an actual, *three-step process* you can use to make the law of attraction work for you:

1. Ask.

This is about *being specific* in what you want out of life. Vague questions get vague answers. Use a present tense structure and write down what you want from a perspective of gratitude: "I'm grateful to have [INSERT DESIRE]."

2. Believe.

If you don't have unwavering *faith in your goal*, why should others? This is about radiating confidence, so that the people you meet along the way will support you.

3. Receive.

Imagine how you'll feel once you *accomplish your goal*. What would life be like? Visualize. This'll prime your actions in the right direction.

Again, I'm all for planning, being motivated, and believing in yourself.

So, think *positive thoughts, prep for success, pay attention*, and then work like a madman to get what you want.

The Secret summary and YouTube videos links:

1. <https://fourminutebooks.com/the-secret-summary/>
2. <https://www.youtube.com/watch?v=WwcuEHWO6pc>
3. https://www.youtube.com/watch?v=Lx2AB_MNotQ