

WHAT ONE BOOK HAS CONTRIBUTED MOST TO THE STORY OF YOUR CURRENT LIFE?

The book that has contributed most to the story of my life is a book titled *The Secret* by Rhonda Byrne. I think this book is an essential read for all teenagers and adults...and possibly for some children.

This book has influenced how I live my everyday life because it reinforces the idea that your words are powerful, whether they are spoken or merely floating in your head as thoughts. It reminds me to always be positive in my thinking and planning and hoping for the future. The message is what you think and say is sent out to the universe and begins to play out in various aspects of your life. If I think I am going to have a bad day...I begin to have negative thoughts. Then, I begin to see and feel all kinds of negative things around me and become oblivious to the positive things that are happening. This book reminds me I can easily change my day with the power of my words, thoughts and energy ....even if things aren't going positively.

This book has helped me teach my children the power of having a negative event be just that...an event. A negative event or person does not have to ruin or guide your whole day, but often the messages, words and thoughts you have about a particular event can. This book teaches one how to shift out of a negative situation and look at things from a different perspective. It demonstrates how we each hold within us the ability to be positive or negative about a situation....and how we can change or shift our thinking to be more productive.

This book has given me insights that I couldn't have received anywhere else because of the way it is written. Many people have been interviewed and share their brief stories reinforcing the power of one's thoughts and words and how they impact our lives. It goes back into history to reveal how people in the past have used this idea to achieve great things and how people of today are using it. By hearing similar stories, it reiterated in my mind that I, too, can use this secret. This book has made me a more positive, goal oriented person. I truly believe I can achieve anything I set my mind to. That key lesson has propelled me to take greater risks, set loftier goals and move toward a positive light when at times people and situations around me are negative. This book has taught me that a negative situation is merely one way of looking at it... and that same situation can be looked upon a different way, if given the chance. This has significantly helped me be more tolerant of rude and ignorant people as well as overcoming difficult situations

The most important thing I would like others to know about this book is that it will be the most influential, positive and life changing 200 pages of print they will ever read. It is well written with short paragraphs that can be picked up and pondered over or can be read straight through in a short amount of time. If I was stranded on a desert island...this would be one of the books I would have with me....along with *How To Get Off A Desert Island For Dummies!*