

The Secret - Rhonda Byrne

By Incrypts.

Introduction -

The book 'The Secret' is all about the law of attraction which is said to be the most effective force in the universe. It makes us aware of how positivity brings positivity to life, how to use our positive thinking to achieve anything we can imagine, how to control our manner of thinking and actions, etc.

Summary -

- **Author Rhonda Byrne states that to achieve our purposes, our aims, we should first Ask for it, Believing that we will receive it and we are gonna Receive it.**
- **We should always try to think positively and should try to take out something positive from every good and bad moment/situation of our life.**
- **Our positive thinking is related to how we are feeling at the moment. If we are feeling good then our mind will be positive too.**
- **The author suggests that if we are feeling bad then we should do what we love to do the most to make our mood /feeling good. For eg- hearing to music, etc.**
- **We should be always thankful or grateful in our life for what we have and to achieve more in our future.**

- **We can even make ourselves healthy by affirming that we are healthy. If we affirm to ourselves incorrectly that we are not healthy, then eventually we will evolve unhealthily.**

Conclusion & Opinion -

Lastly, I want to conclude with a note that being positive doesn't mean being a blind devotee or hoper and not being practical. Believe that we can fail and if we fail that is not the end, we are instead on the way to success which has failures as tollgates through which we have to go, obviously with some oddities. We will evolve healthily by affirming positivity but that doesn't mean that we don't need to go to a doctor for treatment. I think we need to keep this kind of thing in mind. And yeah this is just a summary so that you can get the right picture of this book.

I highly recommend you to buy and read the entire book. Let's Stay Positive!

Summary by- **Bastav Kakoty**

Check out inscripts.netlify.app for more book summaries.