A Lifetime Of Secrets: A PostSecret Book
The award-winning PostSecret project's most profound and stunning postcards to date. For the past three years, Frank Warren has invited people of all backgrounds and nationalities to send him creatively decorated postcards bearing secrets they have never before revealed. He has shared these PostSecrets on his award-winning blog, www.PostSecret.com, in an internationally traveling art exhibit, and in three electrifying books: the bestselling PostSecret, My Secret, and The Secret Lives of Men and Women. Now, in his most extraordinary book yet, Warren again delves into our collective confessions, presenting a never-before-seen selection of provocative and moving PostSecrets. A Lifetime of Secrets lays bare our private fears, hopes, regrets, and desires, from people as young as eight and as old as eighty. From painful admissions of infidelity to breathtaking revelations and endearing sentiments, Warren's latest collection will shock and move readers of every age, revealing secrets that have haunted their creators for a lifetime.

Book Information

Hardcover: 288 pages
Publisher: William Morrow; 1St Edition edition (October 9, 2007)
Language: English
ISBN-10: 0061238600
Product Dimensions: 7.5 x 1 x 10.2 inches
Shipping Weight: 4.6 pounds (View shipping rates and policies)
Average Customer Review: 4.6 out of 5 stars See all reviews (166 customer reviews)
Best Sellers Rank: #29,876 in Books (See Top 100 in Books) #14 in Books > Arts & Photography > Collections, Catalogs & Exhibitions #76 in Books > Humor & Entertainment > Pop Culture > Art #603 in Books > Self-Help > Motivational

Customer Reviews

Have you ever told a stranger something that no one else knows about you? I often think that’s the main purpose of sitting on long airplane flights: Confiding in strangers makes secret burdens emotionally lighter. Frank Warren obviously understands that point and provides a needed outlet for those who can’t even tell a stranger . . . but feel comfortable sending in a postcard with their secret on it. I’m sure thousands of people are walking a little lighter. Much like watching a film of a disaster, you’ll be counting your blessings as you review these often deeply painful admissions. In that way, your own secrets won’t seem so heavy. I suspect that those with unshared secrets can benefit from
both sharing and reading what others have shared. Many thanks to Frank Warren for coming up with this unique form of self-therapy. It would be fascinating to ask people in a few years to send in another postcard to describe how sending the original one affected their lives. One of the last postcards in the book explores that point: "I used to write my secrets on postcards that were never posted now i tell them to real people that know and care about me thanks, postsecret and goodbye." My main caution is that I'm not sure how someone who is severely depressed and suicidal might react to this book. Some of the postcards reflect that condition, and someone inclined that way might find encouragement in reading what others have said. From the point of view of wanting to understand others better, I was glad to learn about some secrets people hide that I wasn't aware of. I'll be more careful in the future about what I say on those subjects.

Download to continue reading...

A Lifetime of Secrets: A PostSecret Book
My Secret: A PostSecret Book
The Secret Lives of Men and Women: A PostSecret Book
PostSecret: Extraordinary Confessions from Ordinary Lives
The World of PostSecret
PostSecret: Confessions on Life, Death, and God
Minecraft Secrets: Master Handbook Edition: Top 100 Ultimate Minecraft Secrets
You May Have Never Seen Before (Unofficial Minecraft Secrets Guide for Kids)
(Ultimate Minecraft Secrets Handbook)
(Ultimate Minecraft Secret Guide Handbooks)
Minecraft: Minecraft Secrets Handbook : Master these Ultimate Minecraft game tips, tricks, secrets and hints to take your game to the next level. (Unofficial Minecraft Secrets Guide)
The Knitter's Book of Socks: The Yarn Lover's Ultimate Guide to Creating Socks That Fit Well, Feel Great, and Last a Lifetime
The Little Gold Book of YES! Attitude: How to Find, Build and Keep a YES! Attitude for a Lifetime
The Little Red Book: Lessons and Teachings from a Lifetime in Golf
Love of a Lifetime: A Sweet Contemporary Romance (Finding Love Book 3)
Sadie Palmer 4 Book Set (Amish Romance) (Amish Love Of A Lifetime 0)
Landscape Painting in Pastel: Techniques and Tips from a Lifetime of Painting
Sergei Rachmaninoff: A Lifetime in Music (Russian Music Studies)
Dorothea Lange: Photographs Of A Lifetime: An Aperture Monograph
The Laws of Lifetime Growth: Always Make Your Future Bigger than Your Past
Hold Me Tight: Seven Conversations for a Lifetime of Love

Dmca