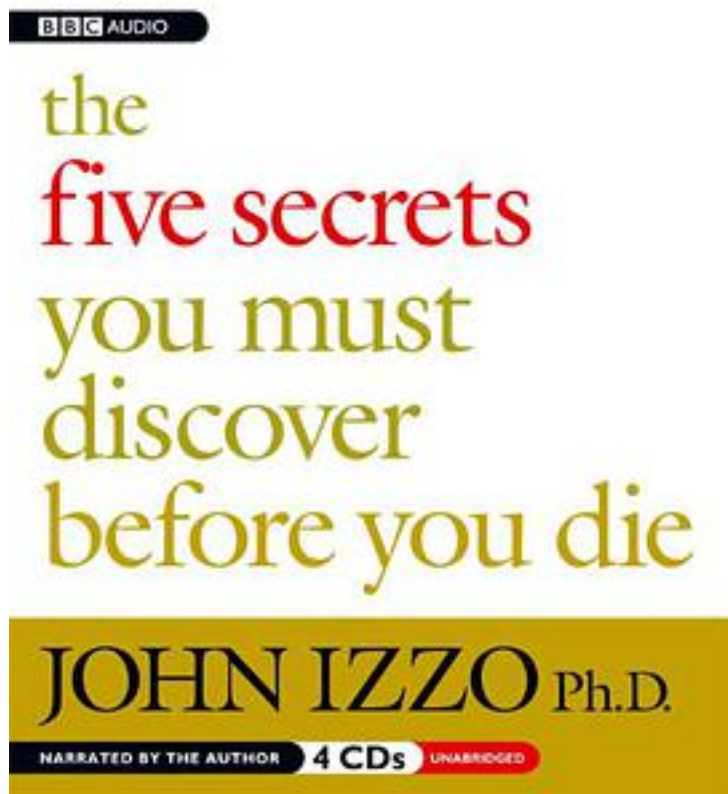


The Five Secrets You Must Discover Before You Die



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著者:John B. Izzo

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From Publishers Weekly

From the pushy title on down, corporate speaker Izzo (president of The Izzo Group) offers lots of insistent but uninspiring advice for an audience presumably unfamiliar with the real value behind clichés like "be true to your self," "leave no regrets" and "live the moment." Based on interviews with the 235 wisest individuals Izzo could find

(culled from some 15,000 nominees), advice boils down to commonsense sayings and platitudes ("every day is a gift"), illustrated by short anecdotes and personal insights. Those new to the self-help genre will find tried and true advice, but little to motivate a real life change.

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"In my experience, the two things humans want most are to find happiness and to find meaning," Izzo writes. In this ready-made spiritual quest, the business consultant and ordained Presbyterian minister interviewed more than 200 people from ages 60 to 106. The answers they received led him and his team to the belief that there are five secrets to happiness. Izzo's interviewees were selected after relatives and friends submitted their names as wise people with something to teach. The list was narrowed from 1,000 names to a diverse group that includes men and women, Muslims and Christians, doctors, barbers, priests, and aboriginal people.

Throughout the book, Izzo presents each lesson with heartfelt responses and anecdotes from these wise elders to illustrate how living each lesson has made them fulfilled and unafraid of death. "Just be yourself" has been the advice of every parent since Polonius. Izzo found that the simple phrase, "be true to yourself," is the first secret. Seventy-two-year-old Elsa told the author, "In order to tell a person the secret to happiness, I would have to sit down with them, look them deeply in the eyes, find out who they are, find out what their dreams are." A college professor discussed with him the difference he sees every day between his students who are following their dreams and those who aren't. Izzo also explains that the word "sin" comes from an ancient Greek word related to archery that literally means "to miss the mark." He believes that to sin, in the original sense of the word, means to "miss the mark of what you intended your life to be." After "leave no regrets," "become love," and "live the moment," the book's final secret is "give more than you take." As George, a seventy-one-year-old physicist, put it, "sooner or later you realize that you are not going to take anything with you but you can leave something behind." Each chapter ends with questions that encourage readers to think about the way they are living their own lives, such as, "Did I make the world a better place this week in some small way?"

In a society where old age is often seen as weakness, *The Five Secrets* is a refreshing reminder that our elders have much to teach. Izzo writes, "Whenever I am going to take a trip, I choose hotels by using a website that taps into the experiences of hundreds of other travelers ... It occurred to me that one could apply this same method to discovering the secrets to living well and dying happy." How many pitfalls and heartaches could be avoided if we consulted with travelers who have taken the road before?

作者介绍:

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标签

心理

心灵成长

短篇

评论

不算烦人的鸡汤书。 1. a life of no regret means risking more. 2. Until you learn to die, you don't know how to live. 3. Adversity introduces us to ourselves.

读的是朋友从香港买回来台湾出版的书，我是一向不读心灵鸡汤类的书的，但是朋友强烈推荐，所以就读起来了。所谓的秘密，作者在开篇就说明了，不是大家都不知道的那种“秘密”，而是大家知道却没有践行的人生道理。虽然作者举的事例实在有些重复无趣，但是总结的这五个“秘密”还是很有道理的，而且看了这本书之后最大的收获不是知道了这五个“秘密”，而是作者会引导读者如何从日常生活中践行秘密。作者的引导并不是直白地说你该怎么怎么做，如果作者真的这么说了，那大概他说的也是错的，因为每个人的人生不同，践行的内容怎么会一样呢？作者用的方法是让读者时常反问自己，“吾日三省吾身”，这倒是我看此书的一大收获。

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书评

the first secret: be true to your self the second secret: leave no regrets the third secret: become love the fourth secret: live the moment the fifth secret: give more than you take 不过只是老调重谈，该说的古人早说过了。

我居然看完了这本书，我都觉得不可思议，用了一个月，还是在朋友们的推荐下，加上自己锻炼阅读的激励下才看完的
其实东西还是那些东西，人们都知道，全当阅读了，读的时候我甚至在想是不是作者的部分采访都是胡编的啊。。。没有啥贴别的，属于人生哲理类书籍 我有2类书不看...

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