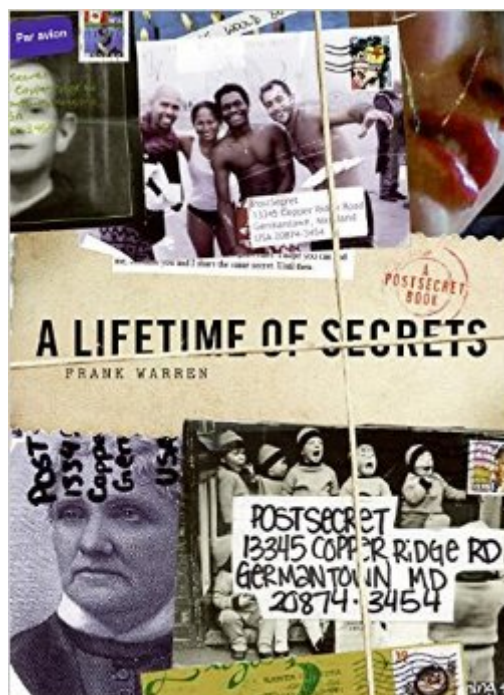


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# A Lifetime Of Secrets: A PostSecret Book



## Synopsis

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](http://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

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Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (166 customer reviews)

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## 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.

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