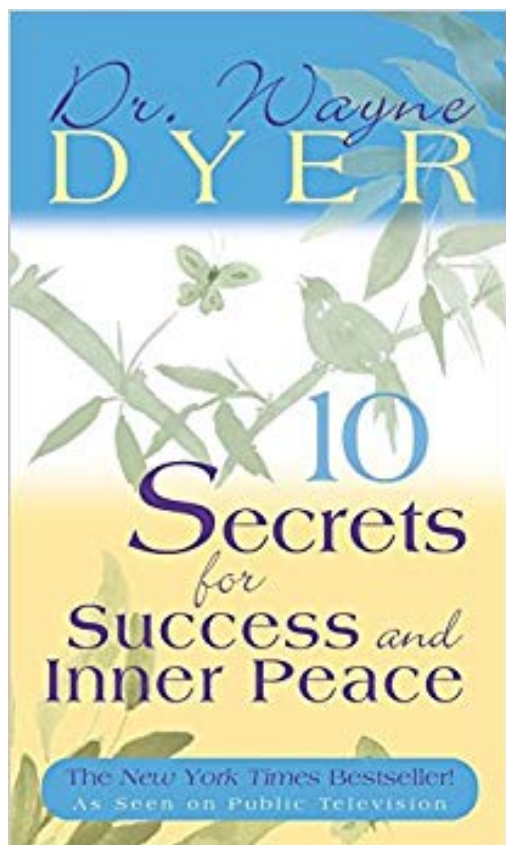


10 Secrets for Success and Inner Peace (Puffy Books) by Dr. Wayne W. Dyer



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The author offers his principles for living a happy life and achieving inner peace, including keeping an open mind and avoiding all weakening thoughts.



Reviews of the 10 Secrets for Success and Inner Peace (Puffy Books) by Dr. Wayne W. Dyer

Rrinel

I originally read Dr. Wayne Dyer's 10 Secrets for Success and Inner Peace when I borrowed it from my local public library. I loved it so much I couldn't wait to have my own personal copy not only because of it's content for also for how it was published with a beautiful padded cover. And because Dr. Dyer's 10 secrets are so spot-on (had I known of them 50 years ago, my life path would have been so much smoother), I purchased an additional copy to give to my grandson as part of his high school graduation gift. Dr. Dyer has written many wonderful and enlightening books (many of which I've read and several of those I have in my own personal library), but I think this is one book everyone could benefit from reading. :-)

sergant

Dr. Dyer understands and accepts what it takes to live a life full of health and success. Success in every form, on every level imaginable, is what most of us want even though some of us convince ourselves it's the material wealth we are after. He helps open our eyes as we search within and try to push past our own limited beliefs, and go beyond what our thoughts try to convince us of. We can change our thoughts. We should at least try...

Jusari

Great little book. Small enough to stand comfortably on my desk top at work, and at all times. 10 secrets of wisdom to keep me centered amidst the chaos, with full explanations of each.

10 Secrets: (but you have to read the chapters to really understand what Dr Dyer is saying).

- 1) Have a mind that is open to everything and attached to nothing
- 2) Don't die with your music still in you
- 3) You can't give away what you don't have
- 4) Embrace silence
- 5) Give up your personal history
- 6) You can't solve a problem with the same mind that created it
- 7) There are no justified resentments
- 8) Treat yourself as if you already are what you'd like to be
- 9) Treasure your divinity
- 10) Wisdom is avoiding all thoughts that weaken you.

An example would be to look at #8 (above). Within this chapter, Dr. Dyer has several sub-chapters: What it means to become inspired (a mind that transcends all limitations, breaks all bonds, and a consciousness that expands in every direction--no doubts, but a knowing that what you want to happen will happen); and Synchronicity and inspiration (strong intent = manifestation). To explain that concept a little better, let's say you are 100 pounds overweight and really want to lose it, forever. You say, "Hey, I want to get rid of this weight. It is seriously affecting my health," but you really don't want to change your current situation, so, nothing happens.

On the other hand, let's say you undergo a process where you become "inspired" to lose the 100 pounds. Let's say you throw away all the mind-limiting paradigms you've set for yourself when you decided you can't exercise and you can't change your eating habits and you don't have time to go to a Tai Chi class and whatever. Let's say (with a doctor's assistance of course) that you not only decide you CAN, but you WILL, lose the 100 lbs. If you really mean it, you CAN achieve it. But you must SEE it and BELIEVE it to ACHIEVE it (unless you're someone who is 20 years old and can lose weight by dropping a soda).

I keep each of the "secrets" tabbed and re-read them frequently. I know this is good stuff, and it works. You can use this type of material to reprogram your conscious and unconscious mind to get rid of self-defeating and self-limiting behaviors. No one book will do it, but this book is a good start. I also highly recommend any of Dr. Wayne Dyer's books, CDs, and conferences.

"Up with the positive; out with the negative" (to quote a Barry Manilow song).

crazy mashine

I have chosen to rate this book with a 5 star rating because I truly believe that when I was in my "darkest hours" that it gave me the tools to reflect on the really important things in my life. I first saw this book one day as I was browsing in a book store and it seemed to jump out at me, so I purchased it. The first time I read it I felt the value of looking inside myself but I was in a good place in my life at that time. However a year or so later when the pressures of everyday took hold of me and I felt only desperation so I read this book again and really looked at the important things about life and I felt so much comfort and self assurance. Needless to say as time went on and family and friends would confide in me about what was happening in there life, I purchased 2 more of the 10 Secrets and gave them as gifts. I gave my book away to a friend in need last year, so when I saw that I could own this book and not give it away again I purchased it to download. I love re-reading this book so I don't forget again who I am and what is the importance of my life.

Elildelm

I almost didn't buy this book because of the word success. I immediately thought, business! Well it's the business of living life! Successful living is not something we're taught in schools. How to "get along" with other people while you are doing the right thing for yourself, as something to be paid attention to is not taught anywhere. But, here it is! These 10 secrets for successful living should be gift wrapped and given to each person you love and care about. And also gifted to those you don't care about so much! The world would be a better place, indeed. Read at least one of these "secrets" every day.

Kirimath

If I could give more stars, I would! It's a "must have and must read." Very well written and will be my guide for the rest of my life. I read and will read it over and over to remind my physical being that I am a part of God and enrich my spirit. Dr. Dyer wrote a lot of quotes from different spiritual people and good "holy" books with good practical examples.

Bliss

The first chapters were an immediate hook for me. Dr. Dyer does a great job engaging the reader. O felt as if I was talking to myself. The book already knew what I was looking to understand and delivered answers in a clear and concise matter.

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