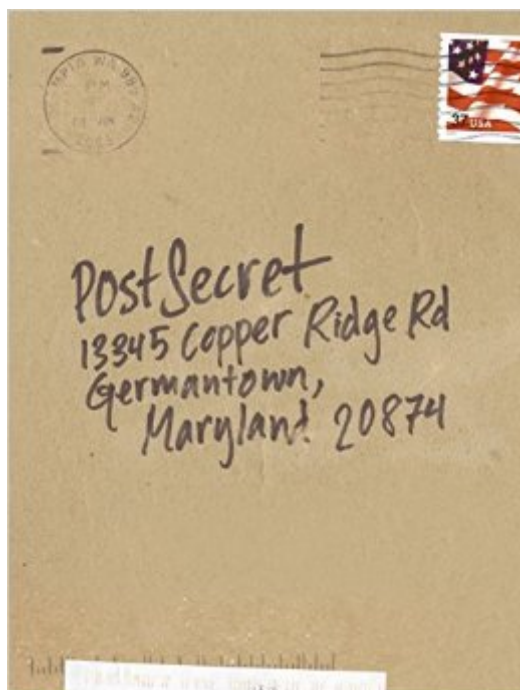


The book was found

PostSecret: Extraordinary Confessions From Ordinary Lives



Synopsis

New York TimesÂ BestsellerThe project that captured a nation's imagination.The instructions were simple, but the results were extraordinary.You are invited to anonymously contribute a secret to a group art project. Your secret can be a regret, fear, betrayal, desire, confession, or childhood humiliation. Reveal anything -- as long as it is true and you have never shared it with anyone before. Be brief. Be legible. Be creative.It all began with an idea Frank Warren had for a community art project. He began handing out postcards to strangers and leaving them in public places -- asking people to write down a secret they had never told anyone and mail it to him, anonymously.The response was overwhelming. The secrets were both provocative and profound, and the cards themselves were works of art -- carefully and creatively constructed by hand. Addictively compelling, the cards reveal our deepest fears, desires, regrets, and obsessions. Frank calls them "graphic haiku," beautiful, elegant, and small in structure but powerfully emotional.As Frank began posting the cards on his website, PostSecret took on a life of its own, becoming much more than a simple art project. It has grown into a global phenomenon, exposing our individual aspirations, fantasies, and frailties -- our common humanity.Every day dozens of postcards still make their way to Frank, with postmarks from around the world, touching on every aspect of human experience. This extraordinary collection brings together the most powerful, personal, and beautifully intimate secrets Frank Warren has received -- and brilliantly illuminates that human emotions can be unique and universal at the same time.

Book Information

Hardcover: 288 pages

Publisher: William Morrow; First edition (November 29, 2005)

Language: English

ISBN-10: 0060899190

ISBN-13: 978-0060899196

Product Dimensions: 7.5 x 1.1 x 10.2 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (435 customer reviews)

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Customer Reviews

I've been a fan of the PostSecret website for quite awhile. Its nice to have so many of the secrets, some of which I've seen before, in a book. Read secrets out loud, to a friend: They're a great conversation piece. Read secrets alone: They will, by turns, make you laugh, cry and think. The only thing I would change is that the postcards are enlarged, often taking a full page, or even two pages, of space. I would have preferred to see them closer to their actual size. You tend to lose the feeling that you're reading an actual postcard.

I read select postcard secrets out loud to a group of friends. Some of the secrets were hilariously funny. Others were very disturbing in that they revealed, long-held secrets of various abuses by and toward others, and the resulting expressions of anger, regret, guilt and sadness appeared all too often throughout the book. The boldness of people reaching out through this medium made me read their secrets with some measure of trepidation. No doubt, many readers will recognize themselves, their desires and longings, in the postcard writings. This visually-stimulating book should be a wake up call to everyone, that emotional mental health issues are inadequately addressed in our culture. The book is one step towards affirming that it's a positive and healing thing to get one's hidden issues "out there" and hopefully, examined. I don't get what all the fuss is over the layout. Maybe a larger size or format would have looked better, but then the book would've been more cumbersome to transport. The size is comfortably practical and the layout is fine, especially also since the postcards were grouped together with common themes. Works for me.

I absolutely love the website and was thrilled when I received the book. It is unique, creative and very thought provoking which has encouraged some very stimulating conversations. I would highly recommend this book.

Frank Warren's compilation is the perfect physical manifestation of his website (postsecret.com). The book makes a great gift and addition to a personal library, particularly for those of us who are fascinated by the people around us. The project itself is a great undertaking and deserves the support.

I am a huge fan of the website, but this book has proved to be more than I could imagine! Every single postsecret is riveting. I will highly recommend this book to everyone!

Like the site, the book somehow manages to evoke the feeling of not being alone - it's stunning to see people's secrets that they have finally decided to entrust to the entire World. It has so obviously been a cathartic experience for people who have contributed. Everyone I show it to recognises something of themselves in it. I recommend it to the entire population - buy it, read it, contribute to the next one.

My first thought was 'What an odd little book.' I continued to flip through the pages; the artwork was in turns quirkily or eerily funny to gut wrenchingly personal. Confessions from putting boogers in soup to being victimized are more hauntingly immediate by the illustrations than the actual words. It is amazing how much you can sympathize with a stranger with only twenty words. Not to be sappy, but in each card a stranger reveals something so pure and unique, you can almost envision their daily lives. And wonder about how to express your own secrets.

The "postcards" in this book were collected as part of an art project, but it's just as much a psychology experiment. Imagine a world where you can learn people's innermost secrets...the good, the bad, the sexy, the hilariously funny, and the devastatingly sad...and you've got "PostSecret: Extraordinary Confessions from Ordinary Lives." Some of the material is odd, but you can imagine a person telling her closest friend, like the card showing women's feet with the admission, "I show pictures of my feet to a man online so he'll buy me stuff." Some is joyous, but with a sad undertone, such as a close-up of a baby's face with this written across it: "For the first time since I was a baby I am finally happy. I'm 28." You want to congratulate the person, but it's also a little sad to think that he or she went so long without being happy. In the devastatingly sad category, I include one in which someone tells a friend that he or she is glad the friend's uncle died because he had molested the writer when he/she was in 7th grade. That's a tough thing to tell a friend, and at least as tough to hear. The lighter side includes such overtly funny admissions as, "I used to get high and watch Lawrence Welk." and the highly understandable "I waste office supplies because I hate my boss." If you think I've given it all away here, believe me, there is SO much more. In fact, while I love the book, I recommend reading it in several sittings - it's VERY emotional in many sections and can be downright overwhelming if you approach it with too much empathy. Then again, if you don't, you're likely to miss half the humanity of this very moving book.

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