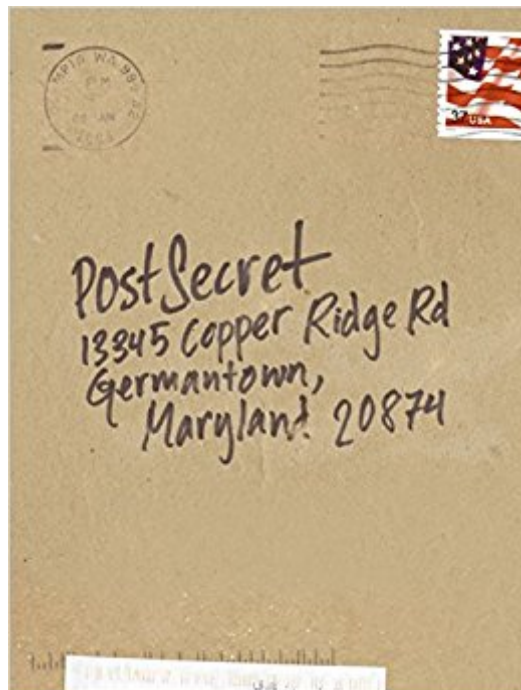




The book was found

# PostSecret: Extraordinary Confessions From Ordinary Lives



## Synopsis

New York Times *Bestseller* The 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

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## Customer Reviews

“Humanity at its finest . . . And because of it I am falling in love with the world again.”  
(A contributor on Postsecret.com) “A fascinating public airing of private thoughts.  
. . . The range of efforts (meticulous, sloppy, artful, ponderous) will astound you.” (TIME.com, "50 Coolest Websites of 2005") 3rd Place, Special Trade-Fine Art under \$75 Category,  
New York Book Show (No Source)

Frank Warren started PostSecret as a community art project where he invited total strangers to anonymously mail in their secrets on a homemade postcard. This simple act sparked a global phenomenon. Frank has received over 1 million secrets in his mailbox with more arriving every day but Sunday. PostSecret.com has won seven Webby Awards and is the most visited advertisement-free blog in the world. The postcards have been curated for five New York Times bestselling books and have been exhibited at the Museum of Modern Art and the American Visionary Art Museum. Frank has traveled the world sharing secrets and stories from Australia to the White house. There is a PostSecret album, a PostSecret TED Talk and a PostSecret Play on tour. In 2011 Frank was awarded the HopeLine Lifetime Achievement Award for his work on suicide prevention and was invited to the White House to work on issues of mental wellness. Frank lives in Germantown, Maryland, with his wife and daughter.

I loved this book for several reasons. First, the format. With reproductions of the actual postcards, I could see the feelings behind the words in the person's artwork, colors, and technique. Each one was so different from the rest. Then there were the stories themselves. As a writer, I read many of these secrets and thought how they would make an interesting premise for a novel. As I read the book I found myself uplifted and inspired. The things people have gone through and survived was amazing! The book as a whole is a microcosm of humanity's pain, sorrow and joy. I highly recommend this book.

FAN-TAST-IC BOOK!!! This book is so raw. You get such a sense of who people truly are. I would estimate 95% of people wouldn't be able to read halfway through this without shedding a tear. It's so touching. I would recommend this book to anyone. Everyone has their insecurities, and this book really demonstrates that. It would be great for teens who struggling most with self-esteem.

This is a very odd book to read front to back. I felt like I was going to get in trouble while reading it.

It'll definitely make you cringe and smile at the same time. This wouldn't have been as enjoyable, if the authors didn't have full confidence when sending the post cards in.

I cannot say enough good for these books. Letting thousands of people in on your own, very personal secrets, is something most people would never consider, but being able to read some of these is not only highly interesting, it's almost comforting. Being able to see that you're not the only person in the world with "deep, dark secrets" helps you realize just how much more alike we all really are. This book shows no color, background, socioeconomic standing, political preferences, etc, which I think, helps us all gather in a sort of unity. The reader is able to see that everyone has demons, no matter who they may be, or where they may come from.

These books are very interesting and such a great idea to help release the burden of secrets from others. I really love the idea behind these books and sometimes I feel like I can relate to other people.

"Postsecret" is a book of collected postcards from a website of the same name that began when a man named Frank Warren decided to combine art and the freedom of anonymous therapy. The concept is simple: you send in a postcard with a secret that you have told nobody. It can be on any subject, though most center on love, hate, feelings of personal inadequacy, and revenge. The cards are unedited and as a collection are actually very poignant. Many of the cards are genuinely sad: "I haven't spoken to my dad in 10 years...and it kills me every day." Some are rather frightening: "I stole valium from my epileptic dog." Some funny: "I give decaf to customers who are rude to me," which was written on an item from Starbucks. Some are so quirky that they reek of both humor and dark emotional hang-ups: "I take extreme measures to poop in solitude," and "When I'm mad at my husband I put boogers in his soup." Finally, there are comments that can't be evaluated in any possible context or frame of reference without being told by the writer; since that context is impossible to know, these are my favorites, being genuinely funny and mystifying, for example: "I stole your duck and took him to San Francisco." The book is genuinely touching in an odd and unexpected way. It is cathartic in that it reinforces that perhaps others have deeper problems that you do as the reader. Some of the postcard writers wrote Frank to tell of changes the Postsecret project made in their lives. In these cases, I am betting that years of therapy would have been way less effective while being way more expensive. My favorite of the personal stories was from a woman in Canada: "Dear Frank, I have made six postcards all with secrets that I was afraid to tell

the one person I tell everything to, my boyfriend. This morning I planned to mail them, but instead I left them on the pillow next to his head while he was sleeping. Ten minutes ago he arrived at my office and asked me to marry him. I said yes."This is a great book that serves to remind readers that everyone has problems, everyone has secrets, and everyone has unhealed wounds. Though many of these postcards are individually depressing, the amalgamation is a true wonder to behold, and will make readers feel better about themselves. Part of the proceeds for this book goes to the National Hopeline Network, which helps prevent suicide. This is a great book, and I recommend it highly.

I really went through a gamut of emotions looking at and reading this book. What an astounding impact this project has had on so many people. I found this to be like a little surprise of treasure which I value and want to keep safe. I believe this is an incredible "coffee table" book and would be a welcome gift for just about anyone. I love this book.

I actually purchased this book as a source of writing inspiration. So many writing prompt books are boring and not creative at all. When I randomly stumbled across this book on , I knew I'd found my inspiration. What's more interesting than the secrets of everyday people? There's a wealth of stories just begging to be told in this book. By taking a single secret, one line of writing, you can imagine the life of the person who sent it in and what happened to make them feel this way, and voila, you have a novel. As for the book itself, I find it fascinating. The secrets range from hauntingly sad to creepy to funny to just plain weird. The pictures are printed in full color and it's a beautiful book, one that you want to sit on your coffee table.

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