

Why There Are No "Secrets" To Success.

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By Yvonne Finn

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One of the most popular phrases online is "the secrets to success"

Actually, I am getting sick and tired of hearing it and hope it goes the way of the word "guru(s)", which seems to be dwindling, daily.

There surely can be secret ingredients, as when formulating a product, or there might even be patented processes in manufacturing an item.

However, success is not that hard to figure out.

It is not patentable and it is NOT a secret.

In a free society, such as ours is, almost everyone has the potential to realize their definition of success.

Successful people, either copy a product/service/idea, that is already working or, create one of their own.

That's it! No secret, we all know that by now.

As a society, we are too quick, in my opinion, to hand over our own intrinsic potential for greatness to others.

We are too quick to tell ourselves that we cannot attain the greatness we so admire in others, without acknowledging the possibility that if we applied ourselves and made the sacrifices that they did, we ourselves could be just as celebrated, as an Oprah

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or a Bill Gates.

What successful people DO, is what makes them a success! Not some hidden hard to discover secret.

Here is what successful people tell us that they do.

1.They make a decision as to what they want to accomplish, make a plan, set goals.

2.They learn from and associate with others who are successfully doing what they themselves want to do.

3.They focus on one project/program/idea at a time.

4.They are aware that sacrifices will have be made and keep a watchful eye on how they spend their time.

5.Successful people have the same sense of fear of failure that we all experience, especially when attempting new challenges. But they know and believe that you can "get there from here". As a matter of fact that is the only way to progress to fullfilling goals.

6.They are willing to give help when they can and give thanks and appreciation to those who have helped them.

7. Probably the most important character of the successful person is that thay do NOT give up. They fail, surely, but that is not the same as giving up. Is it?

Success, then is not a "secret" but an attitude and we know that those can be learned.

Helen Keller said:

"One can never consent to creep when one feels an impulse to soar."

Secrets We Keep From Those We Love

By Timothy Cole

Everyone keeps a few secrets from a husband or wife, boyfriend and girlfriend. And people keep their

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secrets for a lot of reasons. Often people are embarrassed or they are fearful of a partner's hostility or possible rejection.

And research shows that it is in one's best interest to keep some things private, especially when partners or spouses are likely to respond poorly to the truth. Being rejected, scorned, or stigmatized does not help any one work through a serious issue.

But, keeping secrets can also be harmful.

Keeping secrets often prevents people from dealing with the problem at hand. Keeping secrets leads to increased stress, anxiety, and it often makes people think about the issue (event or topic) more frequently.

For instance, people who have a secret crush on someone often dwell on their feelings more than people who are able to talk about their feelings out in the open. More often than not, keeping something secret makes it seem more important than it really is.

Likewise, revealing secrets is very helpful when it is done right; that is, in a safe, non-judgmental environment. Revealing secrets can reduce stress, it helps people let go of an issue and think about it more clearly.

If a secret is bothering you, it really does help to get it out – as long people don't respond negatively or use the information against you.

In fact, research shows that the simple task of writing down a secret, even if no one ever reads it, makes people feel better. Writing a secret down reduces stress – it is cathartic.

With this in mind, we have created a place where people can anonymously reveal the secrets they keep. Maybe you will find that letting go of one of your own secrets is helpful and not so embarrassing after all.

Article by Timothy Cole, PhD. Take a look at the secrets people keep from their romantic partners at

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