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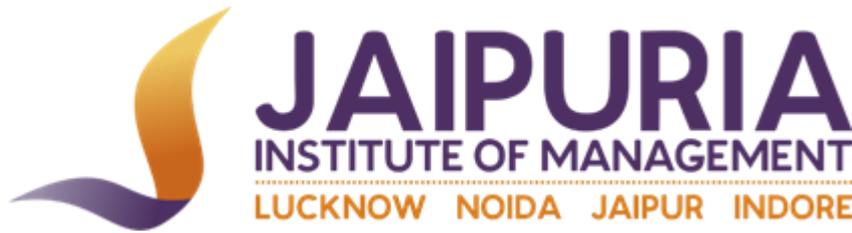
Book Review : The Secret

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**Book Review: The Secret**

at

Jaipuria Institute of Management, Indore**Book Review: The Secret at Jaipuria Institute of Management Indore, organised by the Library Department**

The book review session on The Secret was headed by **Dr Shailesh Pandey, Associate Professor Jaipuria, Indore, Chairperson Library, Jaipuria, Indore. Ms Vinita Attri, Deputy Manager Library, Jaipuria, Indore. Mr Nitish Singh Pawar Deputy Manager Library, Jaipuria Indore.**



The session featured insights from three speakers: **Ms Lata Singh, Ms Mahak Punjabi, and Dr Rekha Attri, Dean of Student Affairs**

Ms. Lata Singh began the discussion by emphasising the book's core idea: **"Your thoughts become things."** She explained how thoughts act as magnets, each having a unique frequency. As individuals think, these thoughts are sent out into the universe, attracting similar energies. This concept applies to various aspects of life, including health, wealth, relationships, and overall well-being.

Ms. Mahak Punjabi followed, reinforcing the idea that the law of attraction is constantly at work. She echoed the sentiment that thoughts shape reality, stressing that mindset is crucial. According to her, the process involves asking, believing, and receiving. She advised focusing on feeling good to attract positive outcomes.



Dr. Rekha Attri shared her connection to *The Secret*, referring to it as her "**bible in life.**" She highlighted the practical applications of the book's principles, suggesting that one could open any page for valuable insights. **Dr. Attri** narrated various instances to demonstrate that the universe does not comprehend negative instructions, sharing anecdotes such as her unintended move to Calcutta. She emphasized the importance of positive affirmations, urging everyone to believe in their goals, which in turn aligns their actions with their beliefs. She advised changing one's thought frequency, maintaining clarity in thoughts, and living each day as the best day of one's life. **Dr. Attri** concluded by reminding the audience that their signals align with the law of attraction.



Overall, the review session underscored *The Secret's* message: by consciously shaping their thoughts, individuals can influence their reality and attract positive experiences into their lives.

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