

Summary Of Secret Life Of Walter Mitty Tropygram

The Secret Life of Plants *The Secret Life of Salvador Dali* **The Secret Life of Bees** **The Secret Life of Trees** **The Secret Life of Farts** **The Secret Life of Secrets** *The Secret Life of Beer!* **The Secret of Life** **The Secret Life of Books** *The Secret Life of Debbie G.* The Secret Life of Lincoln Jones **Secret Life of Water** The Secret Life of a Fool **The Secret Life of Pronouns** **The Secret Life of Fish** **The Secret Life of the Unborn Child** **The Secret Life of the Lonely Doll Pledged** *The Secret Life of Sparrow Delaney* **Inside the Secret Life of Fairies** **The Secret Life of Puppets** *Secret Life* The Secret Life of Squirrels DK Readers L2: The Secret Life of Trees *The Secret Life of Pets* **The Secret Life of Families** *The Secret Life of Dog Catchers* **The Secret Life of the Little Brown Bat** The Secret Life of Houdini **The Secret Life of Literature Official and Confidential** **The Secret Life of Poems** The Secret Life of Elephants The Secret Life of Bad Bishops **The Secret Lives of Backyard Bugs** **The Secret Life of God** *Manta: Secret Life of Devil Rays* The Secret Life of Cows The Secret Life Of Walter Mitty **The Secret Life of Groceries**

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The Secret of Life Mar 20 2022 The Secret of Life reveals the lens through which all decisions can be made for the fullest life expression and experience! By combining ancient wisdom with modern science, we now can design a life which supports our design, our energy, our health and our life experience! Learn how to put on your “Secret Formula Glasses” to see the world in a whole new way and receive all the benefits that come with it! A life free of disease, full of energy and bursting with vibrance!

The Secret Life of Farts Jun 23 2022 A laugh-out-loud illustrated journey around the hidden world of the fart. Hilarious verses and outrageous illustrations combine to produce a book about the funniest thing in the world: farts! From the racetrack to the concert hall, from humble bank-robbers to esteemed

royals, farts are produced everywhere and by everyone. The Secret Life of Farts is your guide to the rich, colourful, flatulatory world that is all around us.

The Secret Life of Trees Jul 24 2022 •Everyone interested in the natural world will enjoy The Secret Life of Trees. I found myself reading out whole chunks to friends• The Times, Books of the Year What is a tree? As this celebration of the trees shows, they are our countryside; our ancestors descended from them; they gave us air to breathe. Yet while the stories of trees are as plentiful as leaves in a forest, they are rarely told. Here, Colin Tudge travels from his own back garden round the world to explore the beauty, variety and ingenuity of trees everywhere: from how they live so long to how they talk to each other and why they came to exist in the first place. Lyrical and evocative, this book will make everyone fall in love with the trees around them.

Secret Life Jan 06 2021 An uncanny and eye-opening journey into a mysterious building, adapted from a short story by Jeff VanderMeer To the west: trees. To the east: a mall. North: fast food. South: darkness. And at the centre is The Building, an office building wherein several factions vie for dominance. Inside, the walls are infiltrated with vines, a mischief of mice learn to speak English, and something eerie happens once a month on the fifth floor. In Secret Life, Theo Ellsworth uses a deep-layered style to interpret Nebula award-winning author Jeff VanderMeer's short story. What emerges is a mind-bending narrative that defamiliarizes the mundanity of office work and makes the arcane rituals of The Building home. When his manager borrows his pen for a presentation, a man is driven to unspeakable acts as he questions the role the pen has played in his workplace success. The despised denizens of the second floor develop their own tongue, incomprehensible to everyone else in The Building. A woman plants a seed of insurgency that quickly permeates every corner of the building with its sweet, nostalgic perfume. With deft insight, Secret Life observes the sinister individualism of

bureaucratic settings in contrast with an unconcerned natural world. As the narrative progresses you may begin to suspect that the world Ellsworth has brought to life with hypnotic visuals is not so secret after all; in fact, it's uncannily similar to our own.

Secret Life of Water Nov 16 2021 From its arrival on earth to the vast areas it traverses before emptying into the sea, water holds all the knowledge and experience it has acquired. As phenomenal as it may seem, water carries its whole history, just as we carry ours. It carries secrets, too. In *The Secret Life of Water*, bestselling author Masaru Emoto guides us along water's remarkable journey through our planet and continues his work to reveal water's secret life to humankind. He shows how we can apply its wisdom to our own lives, and how, by learning to respect and appreciate water, we can better confront the challenges that face the twenty-first century—and rejuvenate the planet.

The Secret Lives of Backyard Bugs Nov 23 2019 Provides information about insects commonly found in backyards and explains the many advantages they provide.

The Secret Life of God Oct 23 2019 How much does our perception of God really matter? Many of us aren't conscious of our image of a "higher power." For some of us, that unspoken image is a Judgmental Parent or an exacting Old Man in the Sky. For others, God is an Imaginary Friend who is there to fix problems after we create them. David Aaron can help you discover a mature, new understanding of God and lead you to discover the wellspring of Divinity within you. By drawing on teachings of Kabbalah that were secret for millennia, he helps you to reclaim the power you've given away to negative images of God or passive images of yourself. These mystical secrets of Judaism can offer reassuring guidance, meaning, and purpose to the lives of people of all faiths. In the journey to discovering God's secret life you will:

- Awaken to your life's deepest purpose
- Delight in a deeper connection to your true inner self, God, and others
- Learn to experience God's infinite love for you

Rise to new heights, cope with challenges, and make courageous choices • Achieve true peace of mind and freedom from anxiety Aaron shares these profound ancient teachings in simple, everyday language with a touch of wit and humor. Rich in personal stories and anecdotes, his examples from daily life help us tap the transformational power hidden within and illuminate the surprising paradoxes of spiritual growth. Awakened to finally experience a personal connection to God, we are at last able to receive God's love unconditionally and discover our ultimate identity, divine purpose, and true happiness.

The Secret Life of Beer! Apr 21 2022 Pour a cold one and get ready for some serious drinking stories! Beer's timeless allure has inspired, influenced, and excited human beings for thousands of years. This fun and intriguing collection includes little-known secrets of beer culture, exploring the mysterious history of this noble fermented beverage through poetry, song, and quirky quotes from famous beer drinkers. You'll be ready for another round as you immerse yourself in the legends and lore surrounding your favorite frothy beverage.

The Secret Life of the Unborn Child Jul 12 2021 At sixteen weeks the unborn child shies away from light. At twenty weeks there is a response to speech patterns. At twenty-five weeks the baby can kick in time to music. And at six months the unborn baby can understand the subtle shifts of its mother's emotions. **THE SECRET LIFE OF THE UNBORN CHILD** presents for the first time the challenging results of two decades of painstaking international research into the earliest stages of life. Dr Verny's knowledge gives both mothers and fathers an unparalleled opportunity to help their unborn children. Now they can contribute actively- before and during birth- to giving their child happiness and security for the rest of his or her life.

The Secret Life of Literature Apr 28 2020 An innovative account that brings together cognitive

science, ethnography, and literary history to examine patterns of “mindreading” in a wide range of literary works. For over four thousand years, writers have been experimenting with what cognitive scientists call “mindreading”: constantly devising new social contexts for making their audiences imagine complex mental states of characters and narrators. In *The Secret Life of Literature*, Lisa Zunshine uncovers these mindreading patterns, which have, until now, remained invisible to both readers and critics, in works ranging from *The Epic of Gilgamesh* to *Invisible Man*. Bringing together cognitive science, ethnography, and literary studies, this engaging book transforms our understanding of literary history. Central to Zunshine’s argument is the exploration of mental states “embedded” within each other, as, for instance, when Ellison’s *Invisible Man* is aware of how his white Communist Party comrades pretend not to understand what he means, when they want to reassert their position of power. Paying special attention to how race, class, and gender inform literary embedments, Zunshine contrasts this dynamic with real-life patterns studied by cognitive and social psychologists. She also considers community-specific mindreading values and looks at the rise and migration of embedment patterns across genres and national literary traditions, noting particularly the use of deception, eavesdropping, and shame as plot devices. Finally, she investigates mindreading in children’s literature. Stories for children geared toward different stages of development, she shows, provide cultural scaffolding for initiating young readers into a long-term engagement with the secret life of literature.

The Secret Life Of Walter Mitty Jul 20 2019 Walter Mitty, a mild-mannered forty-year-old man, drives into Connecticut with his wife for their weekly shopping trip. Tired of his drab, schedule-driven life, Walter escapes into five elaborate daydreams, and finally becomes the hero he always hoped to be. “The Secret Life of Walter Mitty” was originally published in a 1939 issue of *The New Yorker*. It

is considered to be an American classic, and author James Thurber's masterpiece. It has been adapted for film, first in 1947, and most recently for the 2013 feature film starring Ben Stiller and Kristen Wiig. HarperCollins brings great works of literature to life in digital format, upholding the highest standards in ebook production and celebrating reading in all its forms. Look for more titles in the HarperCollins short stories collection to build your digital library.

The Secret Life of Poems Feb 25 2020 'The Secret Life of Poems' is a primer which offers a poem - or an occasion or excerpt - with succeeding commentary in which rhythm, form, metre and sources are the order of the day, not ethical commentary or descriptive paraphrase.

The Secret Life of Fish Aug 13 2021 An exploration into the untold lives of 50 of the most compelling fish living in our oceans and waterways.

The Secret Life of the Lonely Doll Jun 11 2021 The personal story of Dare Wright, the author of the children's classic *The Lonely Doll*, recounts her work in modeling and photography before she became a successful author, the tragic loss of her brother in childhood, her ill-fated marriage plans, and the debilitating influence of her controlling mother. Reprint. 35,000 first printing.

Inside the Secret Life of Fairies Mar 08 2021 What is it about fairies that enchants us so? Where do these elusive beings live, and what do they do? Why is it some see fairies and others do not? What's the truth about glamour? And why when they promise your dreams will come true, do fairies grant threewishes? Maggie Hamilton has spent a decade exploring the rich world of the fairy. Having talked with people from all walks of life, she captures their astonishing, sometimes poignant encounters with fairies here. Read about the fairies found in people's homes and gardens, deep in nature, and in city streets and parks. On this mesmerising journey deep into this achingly beautiful otherworld, you'll discover the many exquisite possibilities present at dawn and dusk, and why the fairy kingdom has an

ecology all of its own. Learn about the notes plants sound, and why some indigenous peoples no longer need to pick a plant to access its healing properties. Find out how to work with fairies to heal the earth and your own bruised spirit, and how this quest can transform you inside and out. For those with their own fairy stories to tell, and fairy lovers everywhere.

The Secret Life of Pronouns Sep 14 2021 The author of *Opening Up* draws on groundbreaking research in computational linguistics to explain what our language choices reveal about feelings, self-concept and social intelligence, in a lighthearted treatise that also explores the language personalities of famous individuals. 40,000 first printing.

The Secret Life of Houdini May 30 2020 Draws on newly uncovered archives and the co-author's expertise in magic to reveal Houdini's secret work as a spy for the United States and England, his post-war efforts to expose the fraudulent activities of spiritualist mediums, and the plot organized by Arthur Conan Doyle to have him murdered. Reprint.

The Secret Life of a Fool Oct 15 2021 He spent his growing-up years living for himself-recklessly rebelling against his evangelist father's faith, numb to God and to the letters his father wrote him, immersed in the dark side of life. Until one intense night in the Jamaican Blue Mountains that allowed him to see himself in the mirror of grace, changing everything. *The Secret Life of a Fool* is Andrew Palau's unforgettable journey of running from God-and the crushing, freeing experience of coming back to Him. It is a story of getting high, burning up cars, being stranded in Europe, surviving a near-fatal plane crash, and utter despair overcome by simple grace and a father's love, expressed in excerpted letters throughout this book.

The Secret Life of Bees Aug 25 2022 After her "stand-in mother," a bold black woman named Rosaleen, insults the three biggest racists in town, Lily Owens joins Rosaleen on a journey to Tiburon,

South Carolina, where they are taken in by three black, bee-keeping sisters.

The Secret Life of Bad Bishops Dec 25 2019 The Bad Bishop is a notorious villain in chess, but often a perfectly respectable bishop is falsely accused. The Secret Life of Bad Bishops takes an in-depth look at the bishop – not just dealing with good and bad bishops but also more nuanced cases where a “double-edged bishop” could turn out to be a game-winning hero or a fatal liability. All phases of chess are covered, from opening to middlegame to endgame. The final two chapters test the reader's newly enhanced understanding with carefully chosen exercises and instructive solutions.

The Secret Life of Lincoln Jones Dec 17 2021 A fresh and funny story about a boy learning to become the brave hero of his own life, perfect for fans of Counting by 7s and The Fourteenth Goldfish. My secret life is filled with psychic vampires, wheelchair zombies, chain-rattlin’ ghosts, and a one-eyed cat. But they’re nothing compared to my real-life stalker: a sixth-grade girl named Kandi Kain. . . . Lincoln Jones is always working on the latest story he’s got going in his notebook. Those stories are his refuge. A place where the hero always prevails and the bad guy goes to jail. Real life is messy and complicated, so Lincoln sticks to fiction and keeps to himself. Which works fine until a nosy girl at his new school starts prying into his private business. She wants to know what he’s writing, where he disappears to after school, and why he never talks to anybody. . . . The Secret Life of Lincoln Jones is a terrifically funny and poignant story about a boy finding the courage to get to know the real characters all around him—and to let them know him. Praise for The Secret Life of Lincoln Jones: Winner of the Josette Frank Award "Van Draanen's engaging story is characterized by clever writing, a palpable affection for her characters, and a deep understanding of what's important about life. Readers will love Lincoln Jones."—Kirkus Reviews "Van Draanen skillfully wraps up her tale, offering a realistically happy ending. A story with a perfect balance of mirth and poignancy." -- School Library

Journal "Lincoln is a delightful narrator." -- Booklist

DK Readers L2: The Secret Life of Trees Nov 04 2020 Why do trees lose their leaves in winter? How do insects hide on bare branches? Let the trees themselves reveal their many secrets to you. Longer sentences and an expanded vocabulary make this series of 48-page books slightly more challenging: Level 2 is appropriate for children who have started to read but still need help. Information boxes full of background information will stimulate inquisitive minds. Written by leading children's authors and compiled in consultation with literacy experts, these engaging books build reader confidence along with a lifelong appreciation for nonfiction, classic stories, and biographies. There is a DK Reader to interest every child at every level, from preschool to grade 4. Stunning photographs combine with lively illustrations and engaging, age-appropriate stories in DK Readers, a multilevel reading program guaranteed to capture children's interest while developing their reading skills and general knowledge. With DK Readers, children will learn to read—then read to learn!

The Secret Life of Groceries Jun 18 2019 In the tradition of *Fast Food Nation* and *The Omnivore's Dilemma*, an extraordinary investigation into the human lives at the heart of the American grocery store What does it take to run the American supermarket? How do products get to shelves? Who sets the price? And who suffers the consequences of increased convenience and efficiency? In this alarming exposé, author Benjamin Lorr pulls back the curtain on this highly secretive industry. Combining deep sourcing, immersive reporting, and compulsively readable prose, Lorr leads a wild investigation in which we learn: • The secrets of Trader Joe's success from Trader Joe himself • Why truckers call their job "sharecropping on wheels" • What it takes for a product to earn certification labels like "organic" and "fair trade" • The struggles entrepreneurs face as they fight for shelf space, including essential tips, tricks, and traps for any new food business • The truth behind the alarming

slave trade in the shrimp industry The result is a page-turning portrait of an industry in flux, filled with the passion, ingenuity, and exploitation required to make this everyday miracle continue to function. The product of five years of research and hundreds of interviews across every level of the industry, The Secret Life of Groceries delivers powerful social commentary on the inherently American quest for more and the social costs therein.

Pledged May 10 2021 Now in paperback, the New York Times bestseller-with over 91,000 copies in print-that takes you behind closed doors to see what really goes on in America's sororities. Ever wonder what sorority life is really like In Pledged, bestselling author Alexandra Robbins goes undercover to expose the dark side of collegiate sisterhood-the psychological abuse, hazing rituals, and widespread body image disorders-while at the same time introducing us to many of the intelligent, successful women within its ranks. The result is a compelling sociological exploration of the powerful influence that these organizations wield over young women today. With its fly-on-the-wall voyeurism and remarkable insight, Pledged paints a sharp-eyed portrait of the intriguing and paradoxical world of modern-day sororities.

The Secret Life of Plants Oct 27 2022 Explore the inner world of plants and its fascinating relation to mankind, as uncovered by the latest discoveries of science. A perennial bestseller. In this truly revolutionary and beloved work, drawn from remarkable research, Peter Tompkins and Christopher Bird cast light on the rich psychic universe of plants. Now available in a new edition, The Secret Life of Plants explores plants' response to human care and nurturing, their ability to communicate with man, plants' surprising reaction to music, their lie-detection abilities, their creative powers, and much more. Tompkins and Bird's classic book affirms the depth of humanity's relationship with nature and adds special urgency to the cause of protecting the environment that nourishes us.

Official and Confidential Mar 28 2020 Reveals the extent to which Hoover abused his power in the FBI to blackmail public officials and private citizens and to manipulate domestic and foreign policy

Manta: Secret Life of Devil Rays Sep 21 2019

The Secret Life of Debbie G. Jan 18 2022 It all started cos I wanted to mess with the Invincibles (the superbrats). #SorryNotSorry. But one thing led to another, and before I knew it, I was hitting out at everyone, even the Incredibles (the geeks) and the Invisibles (the losers). Seriously, my online persona is starting to mess with my head. *The Secret Life of Debbie G.* is the story of a sixteen-year-old who becomes an online sensation overnight. Except, it's her online persona that hits big time. Set in contemporary times, where the number of likes, comments, shares, DMs and followers determine a teenager's sense of self-worth, the story takes a close look at how social media influences their behaviour and affects their emotional health. Equal parts poignant and fun, this is a bittersweet coming-of-age story.

The Secret Life of Dog Catchers Aug 01 2020 The heartwarming true story of the demanding and rewarding life of an animal control officer, wife and mother. Her passion to make a difference shines through during exciting animal rescues and funny situations to scary police raids and gang encounters. The story is told with warmth, humor and most of all compassion for mans best friend and the other animals and people that make up her world. Follow along as the author adopts and trains a wild mustang and a terrified Great Dane and deals with the trials and triumphs of of the job. Attempts to balance career and home life will leave you with a smile. Animal lovers of all kinds will enjoy this entertaining and joyful book.

The Secret Life of Sparrow Delaney Apr 09 2021 How do you ignore a ghost? Sparrow Delaney absolutely, positively does not want to be a medium like her six older sisters, her mother, and her

grandmother. She does not want to see, hear, smell, or talk to ghosts. If she sticks to her rules and doesn't let anyone know that she can do all those things—everywhere, all the time—Sparrow just might pass as a normal tenth grader at her new high school. She makes a new best friend and meets an irritatingly appealing guy in her history class. But when another boy catches her eye, all Sparrow's dreams of being ordinary go up in smoke. Because this boy is a dead one—a persistent, charming, infuriating ghost, who won't let her be until she agrees to help him Move On.

The Secret Life of Pets Oct 03 2020 *The Secret Life of Pets: The Junior Novelization* is the paperback retelling of the hit movie! *The Secret Life of Pets: The Junior Novelization* is a retelling of Illumination Entertainment and Universal Pictures' *The Secret Life of Pets*, a comedy about the lives our pets lead after we leave for work or school each day. This paperback edition features eight pages of full-color scenes from the movie, and is great for boys and girls 8 and up.

The Secret Life of Salvador Dali Sep 26 2022 This startling early autobiography takes Dalí through his late 30s and "communicates the snobbishness, self-adoration, comedy, seriousness, fanaticism, in short the concept of life and the total picture of himself (Dalí) sets out to portray" ? Books. Superbly illustrated with over 80 photographs and scores of Dalí drawings and sketches.

The Secret Life of Families Sep 02 2020 Secrets come in all shapes and sizes. And for families as well as individuals, they are built on a complex web of shifting motives and emotions. But today, when personal revelations are posted on the Internet or sensationalized on afternoon talk shows, we risk losing touch with how important secrets are--how they are used and abused, their power to harm and heal. In this important work, Evan Imber-Black explores the nature of secrets, helping us understand: The distinction between healthy privacy and toxic secrecy What to tell--and not to tell--young children How to safely confront a family "zone of silence" Why adolescents need to have some secrets--and

where to draw the line The effect of "official" secrets, like sealed adoption records and medical testing What to consider before revealing an important secret And much more Filled with moving first-person stories, *The Secret Life of Families* provides perspective on some of today's most sensitive personal and social issues. Giving voice to our deepest fears and to our power to overcome them, this is a book that will be talked about for years to come.

The Secret Life of Books Feb 19 2022 We love books. We take them to bed with us. They weigh down our suitcases on holiday. We display them on our bookshelves, give them as gifts, write our names in them. We take them for granted. And all the time, our books are leading a double life. *The Secret Life of Books* is about everything that isn't just the words. It's about how books transform us as individuals, the stories they tell us about ourselves. It's about how books - and readers - have evolved over time. And it's about why, even with the arrival of other media, books still have the power to change our lives. In this stylish and thought-provoking meditation, Tom Mole looks at everything from binding innovations to binding errors, to books defaced by lovers, to those imprisoning professors in their offices, to books in art, to burned books, to the books that create nations, to those we'll leave behind. A striking text in a stunning package, it will change how you think about books.

The Secret Life of Puppets Feb 07 2021 In one of those rare books that allows us to see the world not as we've never seen it before, but as we see it daily without knowing, Victoria Nelson illuminates the deep but hidden attraction the supernatural still holds for a secular mainstream culture that forced the transcendental underground and firmly displaced wonder and awe with the forces of reason, materialism, and science. In a backward look at an era now drawing to a close, *The Secret Life of Puppets* describes a curious reversal in the roles of art and religion: where art and literature once took their content from religion, we came increasingly to seek religion, covertly, through art and

entertainment. In a tour of Western culture that is at once exhilarating and alarming, Nelson shows us the distorted forms in which the spiritual resurfaced in high art but also, strikingly, in the mass culture of puppets, horror-fantasy literature, and cyborgs: from the works of Kleist, Poe, Musil, and Lovecraft to Philip K. Dick and virtual reality simulations. At the end of the millennium, discarding a convention of the demonized grotesque that endured three hundred years, a Demiurgic consciousness shaped in Late Antiquity is emerging anew to re-divinize the human as artists like Lars von Trier and Will Self reinvent Expressionism in forms familiar to our pre-Reformation ancestors. Here as never before, we see how pervasively but unwittingly, consuming art forms of the fantastic, we allow ourselves to believe.

The Secret Life of Elephants Jan 26 2020

The Secret Life of Squirrels Dec 05 2020 Popular photographs become a cozy, quirky picture book in the vein of *Stranger in the Woods* and *Marcel the Shell with Shoes On*---now available as an abridged, toddler-friendly board book! Adorable squirrels as you've never seen them! You may think you know what squirrels do all day...but Mr. Peanuts is no ordinary squirrel. Instead of climbing trees, he plays the piano. ("Moonlight Sonata" is his favorite.) Instead of scurrying through the woods, he reads books (such as *A Tail of Two Cities*). But everything is more fun with company, so Mr. Peanuts writes a letter to Cousin Squirrel and invites him for a visit! Featuring candid photographs of wild squirrels in handcrafted, homemade miniature settings, this irresistible book is sure to surprise and delight readers and animal lovers of every age!

The Secret Life of Cows Aug 21 2019 ****A Sunday Times bestseller*** ***A Times Book of the Year 2017*** WITH A FOREWORD BY ALAN BENNETT 'A lovely, thoughtful little book about the intelligence of cows.' James Rebanks, author of *The Shepherd's Life* Cows are as varied as people.

They can be highly intelligent or slow to understand, vain, considerate, proud, shy or inventive. Although much of a cow's day is spent eating, they always find time for extra-curricular activities such as babysitting, playing hide and seek, blackberry-picking or fighting a tree. This is an affectionate record of a hitherto secret world.

The Secret Life of the Little Brown Bat Jun 30 2020 Learn about a year in the life of a little brown bat named Otis. This gorgeous and lyrical picture book follows a year in the life of a little brown bat named Otis as he learns to be a hunter, escape predators, and find a mate. Stunning, realistic illustrations celebrate the beauty of these mysterious creatures as readers learn important facts through an engaging and fascinating story. The book also includes back matter with more in-depth information, a glossary, and further resources.

The Secret Life of Secrets May 22 2022 “If you’ve ever wondered why we keep secrets and what motivates us to spill them, look no further. Michael Slepian has spent the past decade studying the psychology of secrets, and is ready to reveal his findings to the world.”—Adam Grant, #1 New York Times bestselling author of *Think Again* “The Secret Life of Secrets gracefully blends engaging stories with compelling science.”—Sonja Lyubomirsky, University of California professor and author of *The How of Happiness* Think of a secret that you’re keeping from others. It shouldn’t take long; behavioral scientist Michael Slepian finds that, on average, we are keeping as many as thirteen secrets at any given time. His research involving more than 50,000 participants from around the world shows that the most common secrets include lies we’ve told, ambitions, addictions, mental health challenges, hidden relationships, and financial struggles. Our secrets can weigh heavily upon us. Yet the burden of secrecy, Slepian argues, rarely stems from the work it takes to keep a secret hidden. Rather, the weight of our secrets comes from carrying them alone, without the support of others. Whether we are

motivated to protect our reputation, a relationship, a loved one's feelings, or some personal or professional goal, one thing is clear: Holding back some part of our inner world is often lonely and isolating. But *The Secret Life of Secrets* shows you that it doesn't have to be. Filled with fresh insight into one of the most universal—yet least understood—aspects of human behavior, *The Secret Life of Secrets* sheds a fascinating new light on questions like: At what age do children develop the cognitive capacity for secrecy? Do all secrets come with the same mental load? How can we reconcile our secrets with our human desires to relate, connect, and be known? When should we confess our secrets? Who makes for the ideal confidant? And can keeping certain types of secrets actually enhance our well-being? Drawing on over a decade of original research, *The Secret Life of Secrets* reveals the surprising ways that secrets pervade our lives, and offers science-based strategies that make them easier to live with. The result is a rare window into the inner workings of our minds, our relationships, and our sense of who we are.