



# PostSecret: Extraordinary Confessions from Ordinary Lives

*Frank Warren*

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**PostSecret: Extraordinary Confessions from Ordinary Lives** Frank Warren  
**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.

## PostSecret: Extraordinary Confessions from Ordinary Lives Details

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## **From Reader Review PostSecret: Extraordinary Confessions from Ordinary Lives for online ebook**

### **HeavyReader says**

I really adore these PostSecret books. I feel like I'm kind of late in finding them, but what the hell! So I'm not on the cutting edge. That's no secret.

Anyway, I am touched by the secrets strangers tell to strangers, so saddened by the guilt and hurt and loss that ordinary people are carrying around. I can only hope that telling their secrets has helped this folks heal. (Does that sound trite? But it's true, it's really true!)

I am also amazed and pleased by the art that people create on these postcards to help them express themselves.

This is really good stuff.

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### **Autumn says**

there are two kind of secrets: those we keep from others and those we hide from ourselves....

are you willing to share yours???

this book was so liberating, as it was comforting.

I dont think i can describe with words the emotions, thoughts, insight it gave to me. How much pain, frustration, shattered dreams, fears, hopes.. can all be condensed into a simple sentence.

these simple revelations had so much substance. I laughed, cried, gasped.. and of course; empathize,because many of this quiet thoughts were ones of my own..

what a creative project Frank! Excellent book!

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### **Rian \*fire and blood\* says**

This was a super enjoyable read, but like, in a voyeur way? Looking at peoples secrets like this was really impressive and eye opening. I can't really say much beyond that about this book since it's not a story so much as a confessional. I enjoyed it nonetheless and some people put some serious effort into the postcards they sent in!

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### **Megan says**

A fun read. He invited people to mail him anonymous postcards with a secret. The book is all of those secrets. Some people have lived with horrible secrets, others are just funny (ex. - I like to pee when I swim). A quick look at all the postcards.

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### **Mark says**

Here's a quote from one of the postcard that wiped the smile from my face while \*reading\* this amazing book :

Income from teaching creative writing ... \$ 32,654.00  
Income from writing creatively ... \$ 0.00

I admire how Frank Warren got his idea for this collected postcards book, and reading the anonymous-es confessions somehow made me realize that I'm not the only person on this planet that have deepest darkest secret(s) that I'm dying to share but so afraid that anyone I know or know me find it (/them) out.

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### **Chris Freeman says**

The big secret: people are lonely and unhappy with themselves. I don't mean that as sarcasm, I mean that the anonymous secrets in this book (and updated everyday on the website) are proof that struggling is universal.

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### **Emma says**

*If you can't read the text on this blurry photo, it says: "In November 2004, I printed 3000 postcards inviting people to share a secret with me..."*

That was enough to intrigue me. Every year my school library does a "Blind Date with A Book" challenge around Valentine's Day and this is the first time that I actually participated. I don't know about you, but that hook was too good to pass up.

Before now, I had never heard of this book, (if you can really call it a book, I s'pose). What started out as a social experiment/art project quickly turned into a phenomenon as postcards filled with secrets - some amusing, some scary, some dark as heck - began flooding Frank Warren's mailbox, and continue to do so today.

I read this after collapsing at home on my last day of Finals, in need of something to take my mind off the stress of the week prior. I ended up whipping through this in just one sitting. I loved it! It was so quick, visually stimulating, and engaging. Some of the secrets I could relate to, some of them I most certainly

couldn't (but found interesting anyways) and some kind of discouraged me. Such as the secret about creative writing earning \$0 (a sad truth I am still unwilling to face...)

If you want something quick, definitely check out this book or the author's website ([postsecret.com](http://postsecret.com)) where he posts even more secrets...

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### **Heather says**

This book is oddly inspiring and terrifying at the same time. People from all over the country sent postcards to this guy with their deepest secrets and fears and some will scare the hell out of you and some will make you cry and the worst part is some will make you nod your head and agree! The postcards touch on every human experience we have and let you know you are not alone. The author still receives postcards from all over the world and has made a sequel as well, there is also a website and the postcards were used in the song and video "Dirty Little Secret" by the All-American Rejects.

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### **berlinbyovernight says**

How I wish I could hug everyone and tell them that it's okay. It's okay to be scared and angry and hurt and selfish. It's part of being human.

A must read every one!

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### **Joey Alison Sayers says**

The correct title should be "Postsecret: Extraordinary Confessions from Ordinary Lives: People Are Secretly Pretty Sad And Have Some Intense Shit That Hopefully They're Dealing With in Ways Other Than Anonymous Postcards".

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### **Kirsti says**

The secrets from this book that have stuck with me are

"I love one of my children"

and

"the medication is not enough to make me forget what he did to me . . . if i see him again i will kill him to save the others"

There are also some less serious secrets, such as

"I think women who don't wear makeup . . . are lazy"

and

"I ATE ALL THE BLUEBERRIES (AND THEY WERE DELICIOUS)"

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### **Ken says**

I remember reading about PostSecret when it first began a couple of years ago, and a couple of months ago found the weekly blog compiled by Frank Warren. People send Warren a 3 by 5 postcard that reveals a secret that they have never told anyone. Selections of what he receives appear on the blog and in this, the first of 4 books.

The postcards in this book are not organized in any particular way, but the secrets that they reveal include betrayal, love, fear, courage, despair, hope, loneliness, and connection--and anything falling between those opposites. For me, reading the secrets provokes sadness, sympathy, disgust, hope, laughter, and sometimes recognition.

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### **Fatimah says**

While reading this, I realize I'm not the only one who has weird and wild belief or secrets. Some of my secrets were written there and when I saw them, I don't know how to react.

In life we sometimes thought we're the only one experiencing terrible things but no, someone out there is experiencing that too. I don't know if we should be happy about it or sad. One thing I know is that we're not alone.

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### **Rebecca McNutt says**

PostSecret is a still ongoing project where all kinds of ordinary people anonymously send in decorated postcards with some confession, truth or secret to tell. The postcards arriving every day in the mail are each art projects, with everything on the front from vintage photography to nail polish, and no matter the confession, so long as it's anonymous it shows up eventually on PostSecret's blog website. However, the creator of the project picked some of his favorite ones to be printed into a full-colour book.

Most of the postcards in *PostSecret* are from the United States in the book, although some might be from Canada or Britain as well. One was even in Hebrew, so who knows? They cover a wide range of topics, from just shared humorous embarrassing moments, to confessions of mental health issues, suicide attempts, religion, child abuse, grief, gender identity questioning and homelessness, among other things. It's unlike any other book I've ever read and I really liked it.

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## **Camilla says**

*"How I wish I could hug everyone and tell them that it's okay. It's okay to be scared and angry and hurt and selfish. It's part of being human."*

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## **Janelle says**

I've seen bits of the books before, and articles about it, but this was the first of the books that I've read all the way through and really took some time with. For some reason it reminded me of the film "Amelie" - one of my all time favorites.

I found it to be beautiful and inspiring and heartbreakingly funny and depressing all at once. Some secrets made me laugh, a few made me cry, I judged some, I felt like praying for others, but almost all made me feel something, and I think that's what I loved most about it. The book, and the project as a whole, touched me and elicited emotional reactions.

The project continues on. A whole community has been built around it, some are displayed in art galleries, others on Warren's website: <http://postsecret.blogspot.com/> People respond to them and give follow-ups to what sharing their secrets did for them. Some have found it to be therapeutic, others have been helped just by reading the book and knowing they aren't alone.

I saw an interview with Frank Warren, and I think he summed up the power of the project for me when he said, "Every single person has one secret that would break your heart. If we could just remember this, I think there would be a lot more compassion and tolerance in this world."

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## **Matt says**

I'm just as appalled as you are that this is listed on my "read" shelf. GR needs a "looked at every single page" shelf in order to better classify books such as this.

Taken at face value, this collection of confessional postcards is poignant, disturbing, and beautiful in equal parts. However, the same cynicism that causes me to assume that everyone on the Internet (who is not on my GR friends list) is in actuality a hairy, swaybacked, middle-aged man by the name of Lou also pulls me in the direction of doubting the validity of some of these confessions.

"He's an arty type...no principles." - W.S. Burroughs

During junior high, the high school psychology classes would often visit in order to give us anonymous research surveys. My dumb buddies and I were the self-appointed yes-men of Mrs. Wilson's third period English class. Whatever the question, we had zestfully partaken.

Freebased cocaine? Yep.

Sniffed glue? Just before soccer practice last Tuesday.

Sex? Do you *even* have to ask? (Luckily this was the Bible Belt in the mid-80's, so it was still bad form to broach the subject with seventh graders of collaboration versus solo project...)

Assuming that our questionnaires were not quickly trashed, I would have loved to have seen some of those research papers. Most likely they hypothesized that the seventh grade English class at T.S. Hill Middle School was comprised mainly of the understudies of Rick James, the Marquis de Sade, and late period Elvis Presley. Did anyone else ever do this? Why the hell did we? Two reasons I think:

- 1) We thought that we would look cool to the high schoolers (through osmosis, evidently, as it was a secret questionnaire).
- 2) It was a lot of fun.

I have great difficulty dismissing the possibility that the submitters for this book were not operating under similar motives.

Regardless, this is an interesting book. I suggest at least a once-over flip through.

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### **Heather says**

Raw, honest and beautiful!

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### **Taiyesha-Duchess of Indiana says**

At first, I found this book fun in a guilty pleasure voyeur kind of way. However, as I read more and more secrets I became engrossed with each post card and the the gravity of what it presented. It was quite liberating and heart wrenching to read all these secrets, some of them depressing beyond belief, that are written by every day people. It makes you wonder about your friends, your parents, your siblings. Anyways, it inspired me to get back to writing in my journal. I think unburdening ones heart to paper can be just as therapeutic and relieving as telling a person.

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### **Leonard Mokos says**

Is it just me or do people always think they are unique to the extent that nobody thinks the way they do? Can the truth be that we are all self conscious, hopeful, hold the occasional grudge, the shame of a certain pettiness over a trifle we know is absurd but can't entirely release, etc.?

We are all just people. How else do the marketing algorithms so accurately predict us? Baa...baa...

Don't be surprised then when you open up this clever compendium. A call goes out for people to write down their deepest secret on the back of a home made self designed post card, and mail it in, anonymously. They are collated into this book and you will be saddened, shocked and amused.

And sometimes, you may be startled.

Because you have that secret, too

