



# **The Secret Lives of Men and Women: A PostSecret Book**

*Frank Warren*

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***New York Times* Bestseller**

Postsecret.com founder Frank Warren is back with an irresistible addition to his bestselling PostSecret series. For *The Secret Lives of Men and Women*, Warren has selected a never-before-seen collection of postcards bearing the explosive confessions and captivating revelations of men and women everywhere. Created using photographs, collages, illustrations, and more, the handmade cards offer a compelling dialogue on some of today's most provocative topics—from marriage and infidelity, to parenting, office politics, repressed fantasies, and even abortion—daring us to consider how well we really know our friends, family, even ourselves.

## The Secret Lives of Men and Women: A PostSecret Book Details

Date : Published January 9th 2007 by William Morrow

ISBN : 9780061198755

Author : Frank Warren

Format : Hardcover 144 pages

Genre : Nonfiction, Art, Humor



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# From Reader Review The Secret Lives of Men and Women: A PostSecret Book for online ebook

## Nancy Monson says

I spent an afternoon in the bookstore and picked this up to peruse. It is a true "coffee table book" and can be read easily in a short period of time. The gist: the author left stacks of post cards around and about with a note asking folks to mail him the card containing an anonymous secret. He got most of them back and this book is a collection of those secrets. One woman confessed that during her marriage, she ground up sleeping pills and put them in her husband's food so he would leave her alone! LOL, except she said it never worked. Darn the bad luck. A most disturbing confession was the person who admitted the he/she contemplated suicide all the time and if we really knew why, we would want him/her dead, too. Hmmmm.

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## Stephanie \*Very Stable Genius\* says

I believe I new about these books (and website)in the back of my brain but never looked them up, but on my way out of the mall today via barns and noble I stopped by the art/graphic design books and this caught my eye and I proceeded to read the whole thing sitting in the store. very cool concept, very moving because we all have THAT secret or two.

the one that made me cry (in public) went something like this...

"I through dirt clods at the tiny chick, killing it, because I new my mother would never let me keep it.

having that tiny life on my hands still haunts me to this day."

I am not sure it's exact but close. I really liked this book and I believe I will be a new fan of the website.

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## Rose May says

(the other books out so far are: PostSecret, My Secret, and A Lifetime of Secrets. These are also recommended)

So, this week I went down to DC to visit my older brother. Seeing as I'm incapable of doing anything in the real world, I decided not to check a bag for the flight and just do the whole 'two carry ons' thing. So, of course, with the clothes and other items necessary for my four day trip there wasn't much room left for my library books. Consequently, I found myself perusing my brother's rather limited bookshelves when I got down to his condo. What I found? A lot of books on WWII, business, and then... a gold mine.

My brother owns three of the four PostSecret books compiled by Frank Warren. These are books filled with secrets people have sent in, anonymously, to Frank. Some of them were disturbing – like, OMFG. Others were funny, sad, cute, uplifting... It was a book loaded with emotion. It was a quick read, and also a pretty one seeing as the book is done in an artsy fashion – like a collage. I've read the books he owns twice now. What is so compelling about these people secrets? Some of them are the same as yours.

Sometimes we feel very alone – that our burden is too much to carry, our secrets too heavy for us to bear. We don't have the courage to tell anyone, yet the silence is suffocating. When I read these people's secrets, I think of my own – and I feel better. I also feel connected. We are not alone in our secrets, humiliations, fears, desires. Even if no one shares your secret in the entire book, there are so many secrets out there suffocating people and starving them of life. You look around and you say – these are the secret thoughts of America. It's enlightening, scary, saddening. But it's a touch to your soul. I don't even know how to describe it. I've read those books three times over in three days.

Reading other people's secrets can make your own seem not so bad. It might give you the courage to do something about your own secret. It might make you laugh, cry, and thank God you don't have any secrets (or not, if you're atheist). A lot of these secrets can make your burden feel... lighter. A lot of them might even help you with what you're struggling with in life. This is a great book – its moving and so... powerful.

Bottom Line: Great book filled with the secrets of America. It can make you laugh, cry, smile, and most importantly, it shows us we are not alone in our secrets.

Pages: 144

Published: January 1, 2007

Genre: Non-Fiction

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## **HeavyReader says**

This is my favorite of the PostSecret books. I like it just a tiny bit more than the other PostSecret books for a couple of reasons.

#1 The book covers look and feel as if they were wrapped in a brown paper bag. That is very unusual and appealing to me. It reminds me of when I was in grade school and had to have my textbooks covered and my mom would cover them with brown paper bags and I could decorate them myself.

#2 There are a lot of really funny confessions in this book.

#3 The postcard with the "Top ten reasons I prefer attending funerals over weddings"

I really adore this book.

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## **Courtney Johnson says**

I was introduced to PostSecret during college and fell in love with them. However, since then, I had kind of forgotten about it. So when my boyfriend gave me this book, I was really excited to get back into it. The book did not disappoint. I love reading all the secrets and finding ones that I relate to or make me think.

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## **Chrissy Hennessey says**

In November of 2004, Frank Warren printed 3,000 self-addressed postcards inviting people to anonymously

send to him a personal secret. He handed the cards to strangers, abandoned them in public places, sat back and watched as just over 100 responses trickled in. He assumed that would be the end of his little community art project, but he was very, very wrong. Since then, Warren has received over one hundred thousand postcards from around the world and with those cards, has created one of the most popular websites on the Internet, published three books of secretive offerings, and changed countless lives. From the folks finally able to release their hidden truths to the scores of others who recognize their own deepest desires drawn by another's hand, the PostSecret project has the power to inspire, enrapture and intrigue nearly everyone with the luck to stumble across it.

The Secret Lives of Men and Women is Warren's third book compiling the best revelations he has received. The fact that this book follows the same formula as his previous anthologies doesn't signify a lack of creativity, but rather proves indisputably that the PostSecret process works. Warren faithfully reproduces both the diverse artwork and the varied secrets contained on each postcard. From infidelity to insecurity, from confessions to conquered fears — the emissaries who deliver such supposed truths are nothing if not brave.

Which brings up the question — are all the secrets true? There's no way of knowing, but at a certain point it stops mattering. PostSecret transcends ideas of what's real and what's false. Warren gets asked this question a lot, and his response is that the postcards are art, and no one asks if a painting or a sculpture in a museum is fiction or nonfiction. I prefer the answer given by an anonymous person is Mississippi.

"Every single person has at least 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 the world." Indeed. And until we can accomplish that feat of compassion on our own, we have PostSecret to help us along.

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## **Stef says**

Not my favorite of the PostSecret books. This one felt short, and the secrets not as riveting -- in other PS books, the secrets ran the emotional gamut, from hilarious to heart-wrenching, but in this one, they just kind of bounced around at the midline. Still, as a collection of secrets, it doesn't disappoint, and there were a few that made me smile (the woman with the red flannel shirt on the back of the bedroom door that reminds her of MacGuyver when she has sex) and a few that hurt (the person who killed a baby chick when she was seven in fear his/her mother would not let him/her keep it) and some that made me think, "This is me."

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## **Alexandra says**

i got into post secret for a bit back in 2011, and i can't remember why or how i even found out about it but i read a few of the books and really liked them.

and just recently, it popped back into my head for some reason and i decided to check out a few of the books i hadn't yet read.

and as always, some of the secrets startled me, saddened me, made me sick, made me feel less alone, made me laugh, and made me think.

here are a few of my favorites from this particular book: (some are my favorites for not just the actual secret itself but for the picture that goes along with it but since i am not including any of the pictures in here, the quote(s) will just have to do):

*"i think i'm beautiful, and i'm willing to wait for someone who agrees."*

*"i knew i was gay on our wedding day but wanted children and feared aids."*

*"i am starting to think that my so called existential crisis is just my personality."*

*"to the class of 1977: I STILL HATE YOU ALL"*

*"i rescheduled a business conference so i wouldn't miss my dog's birthday."*

*"fantastic amazing things can still happen, even to a dull old fellow like me."*

*"my wife can't wear pretty little dresses anymore, and now i realize it doesn't matter."*

*"i know i'm supposed to be altruistic but i think you owe me for that surprise birthday party i threw you."*

lotsa good stuff in here!

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## **Amanda says**

I'm a fan of the PostSecret website and I knew there were associated books. But until I saw this one sitting on a cart behind the library circulation desk, I never thought about checking them out at the library...duh! On a whim, I checked it out.

If you already check the site daily, this book is just a collection of the same things. Secrets that people have put on a postcard and sent in anonymously ([www.postsecret.com](http://www.postsecret.com) if you're interested). Some are pretty funny, like the one who says her "favorite movie is Reservoir Dogs, but since she's a mother of 3 she tells everyone it's Steel Magnolias." Or the secret by the person who complains about their dark brown kitchen floors out loud but likes them since she hasn't mopped her floor in five years.

Others are really sad. Some are joyous, and some are disturbing. Some of the postcards in this collection were familiar from the site, but there were others I hadn't remembered seeing.

The PostSecret concept encourages people to let go of whatever secrets their keeping inside. People have said that seeing their own secret, seeing someone else's, or just the act of sending one serves as a catalyst to relieve them of whatever burden they may have been holding onto. For me, I enjoy the voyeurism and the thought that if I want to share my secrets, I'm not the only one.

Great for coffee table book material or just a quick look through. If you're interested in the site, the link is above and it updates every Sunday.

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## Mary says

Some of these secrets just broke my heart. This one was from Montana: "I have a suicide prevention hotline programmed in my cell phone under the name 'Erin.'"

Everyone is surviving something.

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## Lesley Looper says

I continue to enjoy the PostSecret books. This is my third one to read recently. Poignant, funny, sad--a quick glimpse into the lives of strangers. (Some visitors to my church last week shared with me that they really liked the spoken "Joys and Concerns" portion of our service, because it allowed them to get to know something about the congregation, even though the people who spoke were strangers to them. It's similar to this, I think.) Some of my favorites in this book:

\*I was crooked. They straightened me. Now I'm limited. I'll never be able to dance the same way.

\*I occupy the empty side of my bed with random stuff so at night I feel like I'm sleeping next to someone.

\*Every single person has at least 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 the world.

\*I have a suicide prevention hotline programmed into my cell phone under the name "Erin."

\*To save time in the morning, I always put my kids to bed with clothes, shoes and socks on!

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## Brad says

(Review from 2015.)

The second best PostSecret book. This volume is as sad, funny, alarming and urgent as the original book. The postcards in this well-designed collection fill all the available space on each page, whether two to a page, one per page or one per every two pages. Interludes between postcards are minimal and do not detract from the secrets. I found myself turning pages to read the next one even when I was running late and needed to put the book down. One could read just this volume and get a full sense of the best of what this project has to offer.

This book feels more aligned with the sincerity of the project than some of the later books, which feel as though people are using PostSecret for other reasons (proselytization, shaming or to get noticed) than the purer reasons that catapulted the project to fame (commiseration, soul-bearing and catharsis, both laughing and crying). Many of these secrets felt like a revelation to the person writing them, rather than the targeted or rhetorical text that later was sent in to the project.

Despite the title, I wouldn't say that the contents of this book are any more or less focused on gender-specific topics or relationship issues than other books in the series.

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Ranking of the PostSecret books:

- (1) PostSecret: Extraordinary Confessions from Ordinary Lives (2005)
  - (2) The Secret Lives of Men and Women: A PostSecret Book (2007)
  - (3) A Lifetime of Secrets: A PostSecret Book (2007)
  - (4) PostSecret: Confessions on Life, Death, and God (2009)
  - (5) My Secret: A PostSecret Book (2006)
  - (6) The World of PostSecret (2014)
- (view spoiler)

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### **Nataly says**

You wont believe the secrets you will read!  
It was a great book!

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### **Jessica says**

I absolutely love the PostSecret books by Frank Warren. All these books really make you think. They make you feel like you're not alone in this world and that you aren't the only one with fears, phobias, and secrets.

I am really hoping for more of these books and I highly suggest Frank Warren's PostSecret books to everyone.

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### **Tatiana says**

This is a neat book that I came across by accident in the non-fiction section of my library. The author - Frank Warren - started PostSecret as a community project several years ago by distributing thousands of self-addressed postcards inviting people to send them back to him with their personal secrets, of course anonymously. This book is an extension of this project and presents hundreds of anonymous self-made postcards containing various personal revelations. They range from funny:



*I once gave LSD to a possum*

*I love peeing in public so whenever I go on vacation... I look for new and exciting places to PEE*

to wacky

*I have eaten dog in a foreign country... and I liked it*

kinky

*I had sex with a married strange man moments after we met on the elevator*

*I want to watch my wife make love to another man*

sick

*I faked miscarriage... twice*

sad

*When I write a To-Do list... I write "Starve Yourself," but I abbreviate it S.Y. so no one knows*

or angry

*You want to know a secret? The nicest thing you ever did to me was LEAVE. So good riddance and good luck finding a new doormat.*

Apparently, many people find it therapeutic, so rid themselves of their secrets in such an anonymous way. Maybe I should consider doing it too?

Check out the PostSecret project's website for more secrets and further info.

<http://www.postsecret.com/>

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