

SECRET. The 'Secret' is the 'law of attraction', where - it's said - you attract into your life whatever you want, with positive thinking, while removing negative thought. **F**irst you must clearly define your dream in your mind. Then, if you are committed to it, the idea is you'll initiate the actions that manifest the dream in your physical life.

However, beware! Potentially you can set yourself up for immense disappointment. The 'law of attraction' requires your input. Simply wishing for riches won't be enough. It's your talent, skill, commitment and effort that are the secrets to your success.

In case you can cope with a different angle on positive thinking, Bright-Sided by Barbara Ehrenreich is a terrific, albeit sobering read. ("Some much needed negativity is applied to the ... business of positive thinking in this hilarious, devastating critique." Katha Pollitt)

See also: MONEY, THINKING