

the strangest secret book

The Strangest Secret Book: Unlocking the Power of Your Mind for Success

The Strangest Secret Book is a timeless classic that has inspired millions worldwide to unlock the hidden potential within themselves. Written by Earl Nightingale, this influential work distills complex ideas about success, purpose, and the mind into a simple yet profound message. Its enduring popularity lies in its straightforward approach to achieving personal and financial success by understanding and harnessing the power of your thoughts. Whether you're a seasoned entrepreneur or someone seeking clarity in life, The Strangest Secret Book offers invaluable insights that can transform your perspective and your destiny.

Overview of The Strangest Secret Book

Who is Earl Nightingale?

Earl Nightingale was a renowned motivational speaker and author, often called the "Dean of Personal Development." His work laid the foundation for many modern self-help philosophies and business success strategies. Nightingale's ability to communicate complex ideas simply and effectively made his teachings accessible to a broad audience.

What is The Strangest Secret?

Published in 1956, The Strangest Secret is a short, impactful recording and book that emphasizes the power of our thoughts in shaping our reality. The core message is that "We become what we think about," highlighting the importance of maintaining a positive and focused mindset to attain success.

Core Principles of The Strangest Secret Book

The Law of Attraction and Thought Power

At the heart of the book is the concept that thoughts are incredibly powerful. Nightingale asserts that:

- What you think about consistently will manifest in your life.
- Your thoughts influence your actions, habits, and ultimately your

circumstances.

- Conscious control over your thoughts is essential for success.

The Power of Goal Setting

The book emphasizes the importance of having clear, definite goals. Nightingale suggests that:

1. Defining what you want is the first step toward achieving it.
2. Writing down your goals makes them tangible and increases commitment.
3. Visualizing success helps to reinforce your focus and motivation.

The Role of Attitude and Persistence

Success depends on maintaining a positive attitude and persistent effort. Nightingale highlights that:

- Optimism and belief in oneself are vital components of achievement.
- Obstacles are opportunities to learn and grow.
- Consistency in actions aligned with your goals is key to success.

The Key Message: You Become What You Think About

Understanding the Message

The central idea of *The Strangest Secret* is simple yet profound: your dominant thoughts shape your reality. If you focus on failure, doubt, or scarcity, those become your experiences. Conversely, fostering thoughts of success, abundance, and purpose attracts similar outcomes.

Applying the Principle in Daily Life

To harness this secret:

1. Monitor your thoughts regularly and steer them toward positivity.
2. Replace negative self-talk with affirmations of success.
3. Visualize your goals as already achieved to reinforce your commitment.

Impact and Influence of The Strangest Secret Book

Legacy and Popularity

Despite being over six decades old, The Strangest Secret remains a cornerstone in personal development literature. Its principles underpin many modern success philosophies and motivational teachings.

Influence on Modern Self-Help and Business Success Strategies

Numerous successful entrepreneurs and motivational speakers cite Nightingale's work as foundational. Its emphasis on mindset aligns with contemporary concepts like positive psychology and neuro-linguistic programming (NLP).

Notable Endorsements and Testimonials

Many readers report life-changing results after applying the book's teachings, including:

- Achieving financial independence
- Gaining clarity of purpose
- Developing unshakable confidence

Practical Tips to Implement The Strangest Secret in Your Life

Set Clear and Definite Goals

Start by defining exactly what you want to achieve. Write down your goals and review them daily.

Practice Visualization and Affirmations

Visualize yourself living the life you desire, and affirm your ability to reach those goals.

Control Your Thoughts

Become aware of negative thoughts and consciously replace them with positive, success-oriented ones.

Develop Consistent Habits

Success is built on daily habits aligned with your goals. Cultivate routines that reinforce your desired outcomes.

Maintain Persistence and Resilience

Expect setbacks but remain committed. Persistence is often the difference between success and failure.

Criticisms and Limitations of The Strangest Secret Book

Over-Simplification

Some critics argue that the book simplifies complex issues like socioeconomic barriers and personal circumstances, suggesting that mindset alone isn't always sufficient.

Need for Action

While positive thinking is powerful, it must be coupled with action.

Nightingale emphasizes this, but some readers may overlook the importance of practical steps.

Universal Applicability

The principles may not resonate equally with everyone, especially those facing systemic challenges. It's essential to balance mindset with practical measures.

Conclusion: Embracing The Strangest Secret for a Better Future

The Strangest Secret Book offers a compelling reminder that our thoughts shape our destiny. Its core message—that we become what we think about—empowers individuals to take control of their lives through mindful thinking and focused effort. While it's not a magic formula, when combined with persistent action, its principles can lead to extraordinary personal and professional achievements. Embrace the teachings of Earl Nightingale, and start transforming your thoughts today to unlock the success you desire tomorrow.

Frequently Asked Questions

What is the main message of 'The Strangest Secret' by Earl Nightingale?

The main message is that our thoughts determine our success and happiness, emphasizing the power of setting goals and maintaining positive thinking to achieve our desires.

When was 'The Strangest Secret' published and why is it considered a classic?

'The Strangest Secret' was originally recorded in 1956 and is considered a classic because of its timeless principles on self-development and its profound influence on personal success philosophies.

How does 'The Strangest Secret' recommend achieving success?

It advocates for clear goal setting, positive thinking, and consistent self-discipline, emphasizing that what you think about regularly shapes your reality.

What role does visualization play in the teachings of 'The Strangest Secret'?

Visualization is encouraged as a powerful tool to focus the mind on specific goals, helping to manifest success through mental imagery and affirmation.

Has 'The Strangest Secret' influenced other motivational speakers and authors?

Yes, it has heavily influenced many motivational figures like Tony Robbins, Bob Proctor, and others, shaping modern self-help and success literature.

Is 'The Strangest Secret' suitable for beginners in personal development?

Absolutely, its straightforward principles make it accessible for newcomers to personal growth and motivation.

What is the significance of the quote 'We become what we think about' in 'The Strangest Secret'?

This quote encapsulates the core idea that our thoughts directly influence our actions and outcomes, highlighting the importance of positive, focused thinking.

Are there modern adaptations or summaries of 'The Strangest Secret' available?

Yes, many summaries, audiobooks, and courses are based on the book's principles, making its teachings accessible to contemporary audiences.

Why is 'The Strangest Secret' still relevant today?

Because its core principles about the power of mindset, goal-setting, and positive thinking remain fundamental to personal and professional success in today's world.

Additional Resources

The Strangest Secret Book: Unlocking the Power of Your Mind for Success

Since its publication, The Strangest Secret Book by Earl Nightingale has become a cornerstone in the self-help and personal development world. Often hailed as one of the most influential audio recordings and writings on success, this book distills complex ideas about human potential into a simple yet profound message. Its core premise—that "we become what we think

about"—has resonated with millions seeking to unlock their true potential. In this detailed guide, we'll explore the key themes, insights, and practical applications found within The Strangest Secret Book, revealing why it remains a timeless and compelling read for anyone striving to achieve their goals.

Introduction: The Power of the Mind and the "Strangest Secret"

The Strangest Secret Book introduces a revolutionary concept: that success and failure are largely determined by our thoughts and beliefs. Earl Nightingale emphasizes that understanding and applying this "secret" can transform lives, careers, and relationships. The idea is deceptively simple—what you think about consistently shapes your reality. Nightingale challenges readers to examine their daily thoughts and habits, urging them to align their mindset with their highest aspirations.

Key idea: Success begins in the mind. If you want to change your circumstances, start by changing your thoughts.

The Origins of "The Strangest Secret"

Before diving deeper, it's helpful to understand the origins of the book. Earl Nightingale recorded "The Strangest Secret" in 1956—initially as a spoken recording that became one of the first spoken-word recordings to earn a Gold Record. Its popularity skyrocketed, and it laid the foundation for modern personal development teachings. The book expands on the core ideas from that recording, offering a structured approach to understanding and applying the secret.

Core Themes and Insights of The Strangest Secret Book

1. The Power of Thought and the Law of Attraction

At the heart of The Strangest Secret Book is the idea that "we become what we think about." Nightingale posits that our dominant thoughts shape our realities—our successes, failures, and everything in between.

Practical takeaway: Cultivate positive, goal-oriented thoughts daily. Visualize success and focus on what you want rather than what you fear.

2. The Importance of Setting Clear Goals

Nightingale emphasizes that having a definite purpose is crucial. Success doesn't happen by chance; it occurs when you know exactly what you want and actively pursue it.

Steps to effective goal setting:

- Write down your goals clearly.
- Read and visualize them daily.
- Break them into actionable steps.
- Maintain unwavering focus.

3. The Role of Persistence and Discipline

Success often requires perseverance. Nightingale highlights that consistent effort over time is vital, especially when facing obstacles.

Key points:

- Develop daily habits aligned with your goals.
- Stay committed despite setbacks.
- View failures as learning opportunities.

4. The Power of Attitude and Belief

Your attitude influences your actions and results. Believing in your ability to succeed is fundamental.

Tips:

- Practice affirmations to reinforce positive beliefs.
- Surround yourself with supportive influences.
- Cultivate a growth mindset—see challenges as opportunities.

5. The Science of Success: Habits and Repetition

Success is not a matter of luck but of deliberate habits. Nightingale stresses the importance of repetition and habit formation in embedding success-oriented behaviors.

Actionable advice:

- Identify habits that support your goals.
- Replace negative routines with positive ones.
- Consistently review and adjust habits as needed.

Practical Applications from The Strangest Secret Book

The true power of the book lies in its practical guidance. Here are ways to apply its principles:

A. Visualization and Affirmations

- Spend 5-10 minutes daily visualizing your goals.
- Use positive affirmations to reinforce beliefs.
- Create a mental image of success to program your subconscious.

B. Daily Success Rituals

- Start each day with a clear plan.
- Read your goals aloud.
- Focus on gratitude to attract abundance.

C. Focus on Contribution and Service

- Shift focus from self-centered desires to how you can serve others.
- Success often follows those who add value to others' lives.

D. Track Progress and Adjust

- Keep a journal of your thoughts, habits, and achievements.
- Regularly review your goals and strategies.
- Celebrate small wins to maintain motivation.

Overcoming Common Obstacles

While *The Strangest Secret Book* provides timeless wisdom, applying these principles can be challenging. Here are common obstacles and how to overcome them:

1. Negative Thinking and Self-Doubt

Solution: Practice mindfulness and affirmations. Surround yourself with positive influences and limit exposure to negativity.

2. Lack of Clarity

Solution: Spend time defining your goals specifically. Use SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound).

3. Procrastination

Solution: Break goals into small tasks and set deadlines. Use accountability partners to stay on track.

4. Impatience

Solution: Cultivate patience by focusing on consistent effort rather than immediate results. Trust the process.

The Legacy and Modern Relevance of *The Strangest Secret Book*

Despite being over six decades old, the principles in *The Strangest Secret Book* remain remarkably relevant. Today's success psychology builds on Nightingale's insights, emphasizing the importance of mindset, visualization, and persistent effort. Success coaches, entrepreneurs, and personal

development enthusiasts continue to cite the book as a foundational text.

Why it endures:

- Simple, universal truth: Your thoughts shape your reality.
- Actionable strategies for mental conditioning.
- Emphasis on personal responsibility and agency.

Final Thoughts: Embracing the Strangest Secret

The Strangest Secret Book offers a profound reminder: Your destiny is largely in your own hands, shaped by your thoughts, beliefs, and actions. It challenges readers to take responsibility for their lives and to harness the power of their minds to create the future they desire.

By understanding and applying its core principles—clear goal setting, positive thinking, persistence, and visualization—you can unlock the door to a more successful, fulfilled life. Remember, success is not an accident; it's a choice made each day through the thoughts you nurture.

In conclusion: If you're seeking a timeless guide that simplifies the complex journey of success into actionable steps rooted in the power of your mind, The Strangest Secret Book is a must-read. Embrace its teachings, and let it inspire you to think bigger, act bolder, and live your best life.

[The Strangest Secret Book](#)

the strangest secret book: The Strangest Secret Earl Nightingale, 2019-09-17 The one-and-only original, Earl Nightingale's Strangest Secret endorsed by Nightingale Conant. The Strangest Secret is much more than a wealth-building tool; it is a manifesto for self-actualization and purpose-driven work. In Nightingale's own words: "The only man who succeeds is the man who is progressively realizing a worthy ideal." In this book, Nightingale distills his lifetime of research on human motivation into a simple success formula—the very same one that propelled his own achievement. The Strangest Secret is a practical guide for accelerated prosperity so that you can quickly rise to the top, becoming one of the top 5 percent who succeed in your field. Challenge yourself with Nightingale's thirty-day test for putting this secret success formula into action in your life, and chart your own path to productivity, financial independence, and personal fulfillment. Having grown up during the Great Depression, Earl Nightingale was fascinated by the difference between those who attain high levels of personal, professional, and financial success and those who do not. He devoted his life to searching out a recipe for achievement—a means of predicting success in any area of life. While reading the line in Napoleon Hill's Think and Grow Rich that "we become what we think about," Nightingale experienced a watershed moment of self-discovery that resulted in his becoming financially independent by the young age of thirty-five. Make this book your catalyst to the transformation you seek.

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the strangest secret book: Earl Nightingale's "Strangest Secret" Library Dr. Robert C. Worstell, Napoleon Hill, Dorothea Brande, Claude M. Bristol, Earl Nightingale, 2015-02-08 In his Gold recording, The Strangest Secret Earl Nightingale referred to what he considered key references for anyone who really wanted to understand the concepts he was discussing. Included here: Dorothea Brande's other bestseller, Becoming A Writer gives real meaning to her own journey that Wake Up and Live! started. Claude Bristol's TNT - It Rocks the Earth is included, along with a review of his Magic of Believing... Napoleon Hill's Think and Grow Rich was last updated by Hill's Grow Rich With Peace of Mind - a review of this is included, as well as a book by one of his students, who solved the underlying flaw in Hill's classic - James Breckenridge Jones' If You Can Count to Four... The point of this single volume is to give you all the tools in one place so you can radically and quickly speed your progress toward remarkable states of abundance and prosperity - as well as unflappable calm and confidence.

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the strangest secret book: Thinkupman presents: The Strangest Secret Thinkupman,, 2019-04-23 Here's a sobering statistic: by the age of 65, on average only 5% of us will have achieved success. "Yeah, right. . . " you might say, "Success is subjective; there is more than one version of what it means to be successful." The author of this book disagrees with you. Along with Jeff Bezos, Bill Gates, Warren Buffet, Mark Zuckerberg, and all the other billionaires on earth. Here is the absolute, best definition of what it means to be successful: success is the progressive realization of a worthy ideal. In other words, success is when an individual who knows what they want to do works towards achieving their dream. That sentence alone gives you clues into the strangest secret on how to achieve a life of prosperity and success. The key is setting a goal, creating a plan to achieve said goal, and following through. Written by Earl Nightingale, who in 1941 was aboard the USS Arizona during the attack on Pearl Harbor. Mr. Nightingale was just one of the fifteen surviving Marines. This experience, combined with the maxim "As ye sow, so shall ye reap," inspired Mr. Nightingale to embark on a new path, anchored in the philosophy that each of us becomes what we think about. We become what we think about-is an idea that has echoed through the ages, from the Bible to preeminent thinkers of today. Despite this, most of us choose to ignore this precept. THINKUPMAN introduces The Strangest Secret, rewritten in a fun and easy-to-understand way for modern audiences, whether they're in their high school years or golden years. With fun and insightful illustrations, comic strips, and everyday English, audiences new to this inspiring and penetrating totem as well as those familiar with the text will be pleased at this entertaining and life-changing slender volume, as presented by THINKUPMAN. If you've ever thought, "life is so unfair!" this book is for you. If you're ready to stop waiting for luck to happen, and instead get out there and pursue the favorable circumstances you desire, this book is for you. If you're ready to think with positivity and focus to realize your goals, this book is for you. If you're ready to rise above mediocrity and become the person you want to become, this book is for you. If you're ready to, at age 65, look in the mirror and say, "I'm a success!" then this book is for you. This book is for everyone, because all of us at one point or another have complained about our circumstances, blaming "bad luck" or "fate." We often ask why others achieve so much and work half as hard, while we achieve so little? The difference of course is that those 5% took The Strangest Secret to heart and lived its philosophy. This simple, yet positive book will show you how to seize each day and create a life of fulfillment and success.

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understand their power, or simply ignored them. For every success, I have tracked back to taking these exact steps laid out in this book - to achieve, acquire, or attain whatever it was I wanted to be or have. And that experience is why I'm bringing out this short book you can have to carry with you and review regularly. Inside Earl Nightingale's original *Strangest Secret* recording, he mentions several books that support these ideas. If you put them together, the length is around 700 pages of text. What you are reading here is under a hundred. And this is designed to be slim and still contain the power of the best references that can educate and reinforce the key success principles Nightingale tested, then recorded in 1956. That one 78 RPM long-playing disc was the first Gold Record for a spoken-word album. And started an entire industry of recorded self-improvement books. Nightingale was a lifelong student of success. First retiring at the top of his field in his 30's, he went on to make several successful careers after that as an entrepreneur. And credits his breakthrough success to finding a copy of Napoleon Hill's *Think and Grow Rich* in a Chicago book store. By that weekend, he had discovered in that book his now-renown strangest secret - *We Become What We Think About*. A review of Hill's book by Nightingale is included here as an overview, along with Hill's key 6-step formula that 10-x'd Nightingale's own income in a matter of months - and then, as a simple test, 10-x'd it again a few months after that. You won't find anything unproved here. Nothing but classic, trusted, core essays that remind you of the other references that have positively affected your life. And what you won't find here is anything beyond the pared-down basic material. This book is short, to the point, and well-worth studying over and over and over - in the short spaces of time you have. The additional essays by Earl Shoeff and J. B. Jones are built from Jones' distilling Hill's material into an even simpler format - after he tested them by starting in his living room and building a 8-figure national corporation within 5 years. When you complete your reading, it's just in time for you to start over and internalize everything covered here by re-reading all over again. Over and over, until you know them by heart. This also means you should test everything you find here. Just because so many people have been rave about every essay or short book included here, doesn't mean you are going to get that same result. Test, study, and test again. Build your faith, burnish your goals until they shine bright as if burning with an inner flame. Your results are what you make them. Just as you become what you think about all the time. Fill your mind with these few principles, and you may very well be able to fill your life with unlimited success. Here's hoping you do. Scroll Up and Get Your Copy Now.

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Crazy Idea, shoot from 28 feet - RealGM If they are on a heater, Steph, Bron and Lillard would occasionally launch from 28 feet for like 1-2 times every 4-5 games or so. My question is why don't shooters practice

Crazy stats 2024-2025 - RealGM Re: Crazy stats 2024-2025 Post #3 » by Mr Peanut » Sat 10:00 am Some interesting stats but I had a double take at the Jokic 38.1ppg . It's actually 29.7ppg. Not

OT: Video Games/Computers/Gadgets/Gizmos - - RealGM ReasonablySober wrote: I'm no fancy industry expert, but if I were interested in selling a crazy expensive piece of hardware, I'd probably want to show off some really cool

Crazy Idea, shoot from 28 feet - - RealGM Re: Crazy Idea, shoot from 28 feet Post #21 » by AussieBuck » Sun 10:19 pm Brook Lopez shoots from this range from above the break for no other reason than it

NBA Playoff Games 2025, Non-Celtics - - RealGM Re: NBA Playoff Games 2025, Non-Celtics Post #1695 » by playa-hater » Sat 1:09 am Marvel wrote: The fact that the Pacers are doing what they are doing is

Nate Thurmond's crazy wingspan and standing reach - RealGM Nate Thurmond's crazy wingspan and standing reach Post #1 » by FrodoBaggins » Tue 2:36 pm If there's one thing that sticks out when watching footage of Nate

Crazy trade that nobody sees coming? - Page 7 - RealGM Re: Crazy trade that nobody sees coming? Post #122 » by ArksNetsSince99 » Tue 6:04 am 76ciology wrote: Joel Embiid to Spurs for fillers and #2 pick. Wemby

OT: Video Games/Computers/Gadgets/Gizmos - Page 67 - RealGM What I love is that it's incredibly lightweight and has a crazy good battery life. What I don't like is that streaming games from the cloud is basically worthless 20% of the time

Next 4 games - RealGM Next 4 games Post #1 » by Crazy-Canuck » Sat 5:13 pm 4 games before the all star break. Perfect stretch for Jimmy to get integrated. And they team is starting

FUTURE DRAFT GAMES THREAD - 2/9/2025 - - RealGM Re: FUTURE DRAFT GAMES

THREAD - 2/9/2025 Post #250 » by Laimbeer » Tue 5:50 pm durantbird wrote: Following the Jrue Holiday draft, I've been

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12 Green Exterior House Colors to Fawn Over - The Spruce Dreaming in shades of green? These trim and door combinations prove that green exterior house color is the look to imitate

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21 Best Green Exterior Paint Colors for Your Home - Decor Atom The right green can enhance your home's architecture, reflect the beauty of the natural surroundings, and give your curb appeal a bold yet approachable personality. In this

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