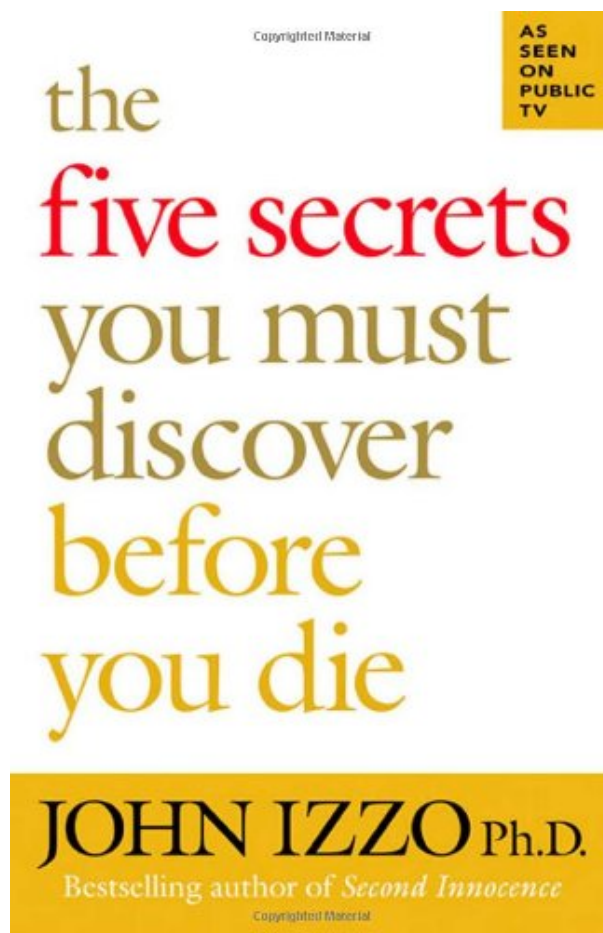


THE FIVE SECRETS YOU MUST DISCOVER BEFORE YOU DIE BY JOHN B. IZZO



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JOHN IZZO Ph.D.
Bestselling author of *Second Innocence*

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Throughout the book, Izzo presents each lesson with heartfelt responses and anecdotes from these wise elders to illustrate how living each lesson has made them fulfilled and unafraid of death. "Just be yourself" has been the advice of every parent since Polonius. Izzo found that the simple phrase, "be true to yourself," is the first secret. Seventy-two-year-old Elsa told the author, "In order to tell a person the secret to happiness, I would have to sit down with them, look them deeply in the eyes, find out who they are, find out what their dreams are." A college professor discussed with him the difference he sees every day between his students who are following their dreams and those who aren't. Izzo also explains that the word "sin" comes from an ancient Greek word related to archery that literally means "to miss the mark." He believes that to sin, in the original sense of the word, means to "miss the mark of what you intended your life to be." After "leave no regrets," "become love," and "live the moment," the book's final secret is "give more than you take." As George, a seventy-one-year-old physicist, put it, "sooner or later you realize that you are not going to take anything with you but you can leave something behind." Each chapter ends with questions that encourage

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What are the secrets to finding happiness? Why do some people live well and die happy? John Izzo asked thousands of people to identify the wisest person they knew. "The Five Secrets You Must Discover Before You Die" shares what he learned from over 200 people aged 60-106 whom others said had found the meaning in life. From town barbers to Holocaust survivors, from aboriginal chiefs to CEO's, these people had over 18,000 years of life experience. With warmth and wit, this book shares the "Five Secrets" to a happy and purpose-filled life which Izzo distilled from listening to these stories. Dr. Izzo also shows the reader how to put these secrets into practice in our lives. This book will make you laugh, bring you to tears, and inspire you to discover what matters long before you die. Based on a highly acclaimed TV series appearing on public television, this book takes the reader on a heart-warming and profound journey to find lasting happiness.

- Sales Rank: #121090 in Books
- Brand: Izzo, John, Ph.d.
- Published on: 2008-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.53" h x .79" w x 5.57" l, .57 pounds
- Binding: Paperback
- 178 pages

From Publishers Weekly

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Most helpful customer reviews

9 of 9 people found the following review helpful.

One of Three Books I would want on a Desert Island

By Stephan Onisick

The book spoke to me in ways I needed to hear. The universe had gotten my attention.

John Izzo organized the book around 235 interviews with successful people as identified by friends, co-workers, and family. Success, in this context, means having lived a long life and discovering purpose and happiness.

We all know people who are either chronically bitter and have died that way.

A second factor that strongly appealed to me about the book was that most of the people the author chose to interview were over 60. As I approach my 65th birthday this year, I understand my nature better and have a feel for the age spans I have traversed.

The author believes that “wisdom” exists. He measures it by the “fruit” of one’s relationships with others. He defines wisdom point blank as “the capacity to discern what really matters and to incorporate it into your life.”

People are free to do whatever they want in their lives, but not everything bears edible and sustainable fruit. I applaud the author for attempting to identify the meaningful—even though this is grueling and imprecise. Some things in life are messy and require struggle.

The Secrets

The secrets are as widely known as the miracles of old:

1. Be true to yourself.
2. Leave no regrets.
3. Become Love.
4. Live the Moment.
5. Give more than you take.

So what’s the big deal with this book and why am I on my third reading of it?

We learn in three different ways.

The most painful being experience—some things you don’t want to experience.

The second way to learn is imitation—but few of us have all the role models needed for every experience.

The third is by reflection. Reflection is what John gives us in spades with quality interviews and edifying stories from his interviewees.

For stories to affect us and allow us to benefit, they have to resonate true and touch us on a personal level.

John, also, summarizes the lessons learned by truly reflective questions that bear application. The questions reinforce principals illustrated and give us something with which to experiment and innovate.

But, there’s more!

There are two additional bonuses beyond the initial chapters on the secrets. The first is a chapter in which he summarizes what he and his staff learned from the experiences. The second bonus is when he allows selective interviewees to summarize their aspirations and philosophy of life in one sentence. (John cheated

with some of them---letting them have two or three sentences to summarize their life's philosophy. John's not perfect either!)

As a "Baby-Boomer/Medicare-coming-of-age" type, this last quote buoys me with the hope of more life to come.

I'm on my third reading of the book. Additionally, I have purchased a Kindle version for the purpose of highlighting meaningful passages and quotes.

I consider it one of three books I would want on a desert island.

My lovely and oh so witty wife and copy-editor added that the other two books would be "How to live on a Desert Island" and "How to Get Off a Desert Island." ;-)

0 of 0 people found the following review helpful.

READ this book before it is too late. God Bless John Izzo.

By Jeff C. Annis

The younger you are when you read this book the better. Why wait until you are 60 or 70 or 80 to think about if your life was lived for something or not. The lessons of this book are valuable for those of any age. You owe it to yourself to learn these lessons. You will want to go interview your most respected friends and family and ask some of these questions. Get to it and also get to work on making sure you are living the life that you want to look back on as a great life. I added a photo of my mom and dad. They both did life the right way. They were here to help others. They did that and their children are doing it day by day right now. That is the legacy that I want.

Ask yourself the questions this book provides. Make sure you are achieving your life's mission. God Bless John Izzo for this great work.

4 of 4 people found the following review helpful.

uplifting and positive!

By V. Longworth

I was going camping and this book arrived just before I left. Figured I must as well take it with me and read a little. Well, I read the entire book over the weekend. And I have to be honest, it changed me. I felt very uplifted and positive! Not that I wasn't before I read the book, but it made me realize that there is more to life than just thinking of oneself. The following week I began doing little things for my friends and family and realized not only did it make them happy, it made me happy as well. I sleep better and see things differently. I would highly suggest this book to everyone, young and old!

See all 98 customer reviews...

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"Have you ever wanted to sit down with someone who is really wise and ask him or her some fundamental questions about life? How about sitting down with more than 200 wise people? That's what John Izzo did and he offers truths here that you can't afford to ignore. Prepare to be surprised, provoked, encouraged--and changed forever. You will want to keep this book as a constant companion. It is a gentle reminder that it is never too late to live the truths that lead to wisdom, grace, and deep happiness."

--Dr. Kent M. Keith, CEO, The Greenleaf Center for Servant Leadership, and author of Anyway: The Paradoxical Commandments

"The Five Secrets You Must Discover Before You Die is a magically engaging book: lyrical, poetic, and perceptive. Through deeply moving stories from wise elders, John Izzo masterfully unravels the mystery of what it means to live a full and meaningful life. This book is a joy to read, and it will be an even greater joy to live the profound yet simple lessons revealed in this remarkable book."

--Jim Kouzes, coauthor of The Leadership Challenge and A Leader's Legacy

"I was deeply moved as I savored the wisdom found in The Five Secrets You Must Discover Before You Die. This book brings to light much of the lost wisdom of our elders, providing practical ways to live with greater meaning and focus. John Izzo, who courageously puts the word 'die' in the title, offers us profound and simple wisdom for living, for getting to the heart of what it means to be more fully human."

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"If you read only one book this year, please make it The Five Secrets You Must Discover Before You Die. Dr. Izzo has done a monumental service for all of us in synthesizing fundamental keys to living a happy and meaningful life. This is extraordinary wisdom literature."

--Larry C. Spears, President Emeritus and Senior Fellow, The Greenleaf Center for Servant-Leadership

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