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opening extract from

The Secret to Teen Power

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TO TEEN POWER

PAUL HARRINGTON

SIMON PULSE

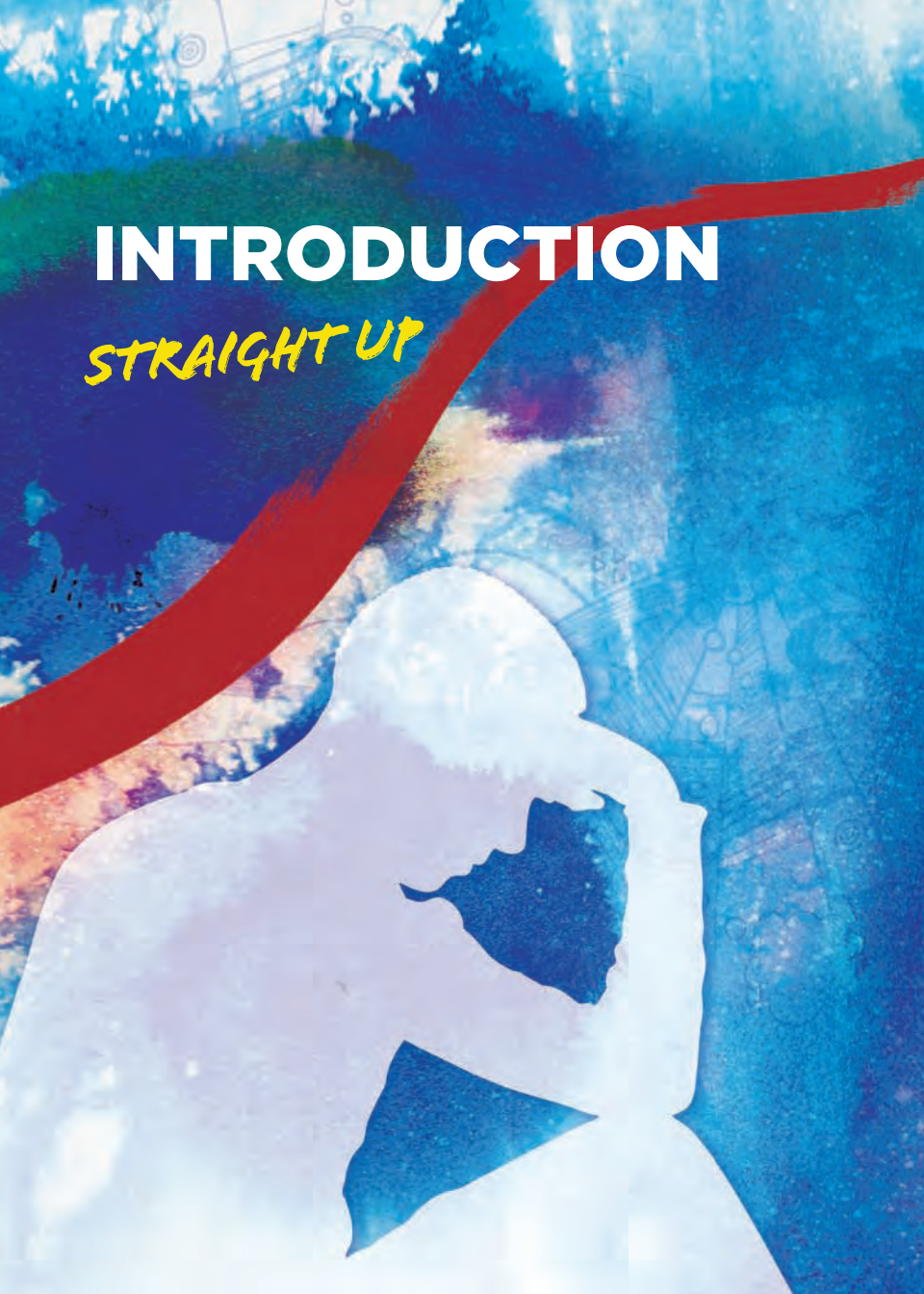
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INTRODUCTION

STRAIGHT UP



So what's the deal with this so-called ***SECRET*** that everyone's been talking about? The word is, it lets you have, do, or be anything you choose. Sound good? Maybe a little too good?

The truth is, ***THE SECRET*** helps bring riches to the poor, abundance to the hungry, peace to the war-torn, wellness to the unhealthy. But it can also help make dreams come true…for you. Maybe you don't think you deserve it. But you do. And if you can dream it, you have the power to make it happen. Seriously.

Now, it might seem obvious, but the hardest part about living your dream is knowing just exactly ***what your dream is.***

Remember when you were a little kid, and you had no limits? Adults would say, "What do you want to be when you grow up?" And you'd say, "An astronaut," "A doctor," "A ballet dancer," or "A football player." You could be anything you wanted.

And then you got older, and there were all these pressures and expectations and demands and limitations. You got bombarded with reasons why you wouldn't be able to live out those dreams. People started telling you you're not smart enough, not strong enough, not pretty

enough, not *good* enough. It's like your life's ambitions somehow got hijacked by the grown-up world.

So…what if there was a ***SECRET*** that would let you live your dreams? What if you could get back to that time in your life when there were no limits to what you could be? And what if you discovered you have the power to make all your dreams come true – to go anywhere, to do anything, to be everything you choose?

Would you listen?

Well…do you want to know a ***SECRET***?


THE SECRET REVEALED
WHAT'S THE BIG SECRET?

Okay, so you've been kept in the dark for way too long. It's time to learn the truth – the actual factuals, so to speak. And the truth is, this big ***SECRET*** you've been hearing about . . . well, it really does unleash the power to let you be all you can be and achieve all you want to achieve.

Miracles of health, wealth, success, relationships, happiness, freedom, love . . . all these things are available to you once you know ***THE SECRET***.

So what exactly *is* ***THE SECRET***?

According to science, there are certain laws that govern the Universe. There's the law of gravity – whatever goes up must come down. And there's Einstein's law of relativity – everything in the Universe is made of energy. And then there's "string theory" – everything in the Universe vibrates, everything has its own vibe.

But the most powerful law in the entire Universe is . . . ***the law of attraction.***

THE SECRET is the ***law of attraction.***

Everything that happens in your life all comes down to attraction. You attract all the stuff that happens to you,

every last little thing, no matter whether it's totally awesome or truly awful. It's all about you.

And you do it with the power of your thoughts. Whatever you think about, that's what goes down, that's what happens.

A UNIVERSAL POWER SOURCE

See, your thoughts are like this Universal power source, a force of nature – what you think about, you bring about. You are creating your life according to what's going on in your mind right at this moment. Now, that might sound like Jedi mind tricks, but it's totally real. All the major religions all over the world are on board with this, including Hinduism, Judaism, Christianity, Buddhism, and Islam. And many civilizations and cultures over the past five thousand years have also tapped into the power of thought through this great Universal law.

But enough of the history lesson. For now, you just need to know this one thing: the law of attraction says ***like attracts like***. That's the bottom line, the heart and soul of this Universal law.

It's just like that saying, "Birds of a feather flock together." In other words, a flock of birds is just like a group of friends; they're drawn together because of all the stuff they have in common. They're tight because they're alike and they like all the same things – like attracts like. That's the law of attraction in action.

But of course it's not necessarily about looking exactly alike or being exactly the same. Your friends are not all clones. You don't look alike, but you almost certainly *think* alike, and you like one another because of this. Like attracts like – that's the law of attraction.

And according to the law of attraction, it's your thoughts that hold the power, that do all the attracting. For example, have you ever had a thought about a song? Then, before you know it, you're thinking about that song all day long until the song is totally stuck in your head. And eventually you'll be hearing that song being played everywhere you go because now you're fully obsessing. Now you're attracting the song – in the mall, at school, on TV – wherever you are, your thoughts are attracting that song.

THOUGHTS BECOME THINGS

The law of attraction means your thoughts become things.

Amazing, huh? It's like, the life you're living is all due to the thoughts you're thinking.

"If you're going to be thinking anyway, you may as well think big."

Donald Trump – real estate entrepreneur

Successful people seem to know this stuff instinctively, while those who struggle don't. That's why they attract failure. Either way, you create your own reality, your good fortune and your *mis*fortune. It all just comes down to your thinking.

Okay, let's crank it up a level. The law of attraction is really responsible for *everything*. All the stuff that goes on in your life is all down to your thoughts. And whether you realize it or not, you're always thinking. Watching TV, when you're online, playing video games, or watching the clock in school, you never stop thinking. And it's these thoughts that are creating your future life. Your current life is a perfect reflection of thoughts you've had in the past. It's like payback from way back. What you think about *right now* will inevitably be attracted back to you as your life to come.

"All that we are is the result of what we have thought.... What we think, we become."

Buddha – spiritual teacher

THE GOOD, THE BAD, AND THE UGLY

Whenever anything happens – whether it's good or bad, happy or sad – it's all the law of attraction. ***YOU'RE*** the one attracting it. For example, you find five dollars on the sidewalk. ***YOU*** attracted it. Someone you lost touch with friends you on Facebook. ***YOU*** attracted that. Or maybe

you chance upon some amazing clothes on sale; the right size, last ones on the rack. ***YOU*** attracted all of it.

And on the flip side, stuff that isn't so hot – like a pop quiz when you haven't done your homework, or a pimple when you're due to meet your crush – ***YOU*** attracted that too.

Okay, so you're thinking, *"How could I create a pimple? How am I attracting that?"*

All right, here's the deal.... Remember, Einstein figured out that everything in the Universe is made of energy. So everything you can see, all that you touch or taste or hold, is all made up of the exact same stuff – energy. Beyond the molecules and atoms and electrons and whatnot, at a sub-microscopic level, everything is simply energy. And guess what? That includes ***YOU***.

But here's another head spin: your *thoughts* are also energy.

Check it out: doctors use machines like EEGs and brain scans to measure the energy released by your brain activity. It turns out, your brain is transmitting energy with every thought. So your thoughts really *are* energy.

"The energy of the mind is the essence of life."

Aristotle – philosopher

And when this thought energy, or *vibe* that you transmit, is in perfect sync with the stuff you're thinking about,

you create a powerful magnetic attraction – like attracts like. It's totally mind-blowing stuff, that everything you think about is attracted to you.

TOTAL CONTROL

Another way to look at it is that you're like this ultimate Universal remote control. Normally, a remote control can tune in to the TV, DVD player, MP3 player, game console, and surround sound system. With one click, an infrared signal changes the channel, turns up the sound, plays music, or launches a game or a movie. It does whatever you want, simply by sending out a different signal.

Well, you're even more powerful than that because you can control your entire experience. Just like the remote control, all you have to do is send out a different signal.

Say, for example, you've had a falling out with your friends and no one is talking to you. Your thoughts are consumed with bitterness, resentment, and loneliness. And that's what you experience. In order to change the channel, to change what you experience, you need to send out a new signal. You need to have thoughts of contentment, happiness, and friendliness. And then your friends will all come around.

And that's the way you can change everything, all the experiences of your life as well as the world around you. It really is just like changing the channel. But instead of with an infrared signal, you do it with the power of your thoughts.

WHAT YOU THINK ABOUT, YOU BRING ABOUT

The fact is, you attract into your life the stuff that you think about most, and you also *become* whatever you think about most. And that makes it critically important to think about stuff you want the most!

> *"A man is but the product of his thoughts. What he thinks, he becomes."*
>
> *Mahatma Gandhi – spiritual leader*

Problem is, if you're like most people, you spend way too much time thinking about what's wrong in your life, or stuff you don't want. And guess what? Bad stuff happens. You fight with your parents. Or your text won't send. Then you complain about this stuff happening, and guess what? *More* bad stuff happens.

DOS AND DON'TS

No matter what you think about, it's going to happen. That's the law. So if you make an effort to think about all the good things in life – things you like, things you want to happen – then that's what you'll attract; that's what happens. Because you know what they say, "Stuff happens." You just have to make sure it's good stuff.

Some people, even when they know ***THE SECRET***, still make the classic mistake of thinking about stuff they ***don't*** want. Like:

- I ***don't*** want to be rejected.
- I ***don't*** want a bad grade.
- I ***don't*** want to gain weight.

But you see, in each case, they're thinking about what they don't want. If you do that, you'll stress out, you'll give off a stressed-out vibe, and then you'll attract exactly what you don't want. It's like you may as well be saying:

- I ***want*** to be publicly dumped and humiliated.
- I ***want*** my D– posted for the whole school to see.
- I ***want*** to split the seams on my favorite jeans.

You just can't think like that and expect that it won't happen. You have to change it up to reflect and project exactly what you ***do*** want. For instance:

- I am popular and have lots of awesome friends.
- I always ace my exams.
- I look great in all my clothes.

And that's what you'll attract; that's what you'll be.