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The Five Secrets You Must Discover Before You Die

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the
five secrets
you must
discover
before you die

JOHN IZZO Ph.D.

NARRATED BY THE AUTHOR

UNABRIDGED



Synopsis

For this remarkable book and the upcoming companion TV program to be aired on PBS, Dr. John Izzo and his colleagues surveyed more than 200 people ages 60 to 106 identified by others as having lived happy lives and as having found purpose and contentment. Here he presents their valuable advice on what really matters in life, and how to put this cumulative wisdom into practice. The interviewees, ranging from aboriginal elders to town barbers, from Holocaust survivors to former CEOs, reflect back on their lives to identify the sources of happiness and meaning as well as lessons learned, regrets, and major crossroads. Based on these interviews, and Dr. Izzo's twenty years experience helping people find more spirit and purpose, the book explores the secrets to finding contentment and happiness. --This text refers to the Preloaded Digital Audio Player edition.

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Customer Reviews

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 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.”

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.

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!

John Izzo interviewed 200+ people over the age 60 who were described by many others as happy and wise people. Through in-depth interviews, he learns the five secrets of life: 1. Why do some people find meaning & die happy 2. Why I talked to the town barber (and 200 other people over 60) about life 3. The first secret: be true to your self 4. The second secret: leave no regrets 5. The third secret: become love 6. The fourth secret: live the moment 7. The fifth secret: give more than you take 8. When you know you have to go (putting secrets into practice) 9. Preparing to die well: happy people are not afraid to die 10. A final lesson: it's never too late to live the secrets Epilogue: How this book changed me

The author writes in conversational tone and supported his secrets with colorful anecdotes and personal reflections. For example, in the second secret (leave no regrets) Izzo states that in "his experience from the last 30 years, validated in these interviews, death is not what we fear the most. When we have lived life fully and done what we hoped to do, we can accept death with grace. What we fear most is not having lived to the fullest extent possible, to come to the end of our life with our final words being 'I wish I had.'...to leave no regrets we must live with courage, moving toward what we want rather than away from what we fear." While the 5 secrets aren't a surprise to many, there are many powerful insights in this book that leave you thinking. And while it's one thing to know the secrets, it's an entirely different (and more difficult) matter to put them into action. If you enjoyed this book, pick up John's Izzo other gem - Second Innocence.

I've read many personal development, self help and spiritual wellness type books and literature.

These five secrets you must discover will captivate your curiosity in the way the author delivers the messages of the many wise people who have lived a happy and fulfilling life. This is a must read for anyone, regardless of age and where you may be in your life. Bravo!

I would recommend this book to people who are as young as my 22 years old daughter, and as young as my 85 years old mother. I am personally very much inspired by this book. Never too late to "plant that tree"

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