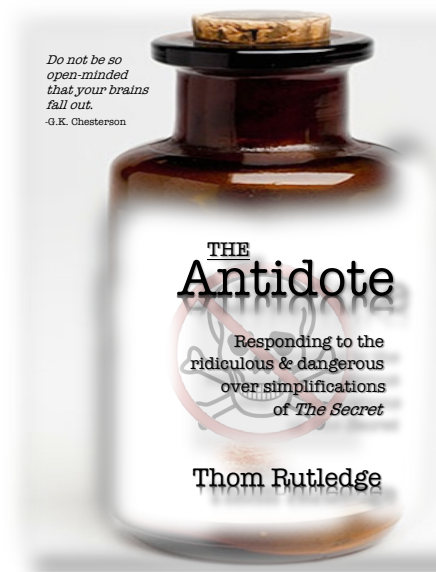


Whether you are a skeptic or a true believer in the best-selling DVD/Book project, *The Secret*, this brief, straight-to-the-point e-book is worth the time it will take to read it. In addition to making a clear case for how *The Secret* is at least misleading and, at most, dangerous, *The Antidote* speaks to the universally held, long-standing assumption in self-help literature that the practice of positive thinking is the ultimate key to success, be it in self-worth, relationship or business. The author, acknowledges the role of positive thinking in the process of change but argues that realistic, practical thinking plays a much larger role than positive affirmation.



I have learned much through the years from authors such as Napoleon Hill, Norman Vincent Peale, Zig Ziglar, Tony Robbins, Jack Canfield and James Allen. My book is not about taking a position against the power of positive thinking; it is an intervention on the down side of this material when it is taken to a ridiculous extreme. Telling people that your book will give them magic powers is good for book sales it seems, but is a violation of trust between author and reader. My intention is to challenge readers to be careful to not give up their own independent, critical thinking. "I respect your opinion, I trust my judgment" is the wiser way to approach any self-help material. All we need do is look at current politics in the U.S. to see an example of how far off track over-simplification and all-or-none thinking can take us. -Thom Rutledge, Author of *The Antidote*

**\$2.99 Kindle E-Book**

*The Antidote* is now available as a Kindle Book with Amazon.

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FROM THE AUTHOR: After writing *Embracing Fear*, having spent so much time immersed in that subject, I was certain of one thing: as human beings, what we fear most is uncertainty. Politicians and religious leaders play on this quite effectively all the time. They offer us that particular kind of reassurance we long for: They tell us that THEY KNOW the truth. The mega-best-selling DVD/book project compiled by Rhonda Byrne takes "knowing the truth" to new heights. Rhonda and her compadres tell us, in no uncertain terms, that they understand how our universe works. And, for me, even more surprising, is that they contend that it all actually revolves around only ONE LAW of nature, The LAW OF ATTRACTION.

Whether you tend to agree with me immediately or you are a faithful believer in the principles put forth in *The Secret*, I ask that you take the small amount of time it will take for you to read through the contents of this concise e-book. I do not believe that what I have written here is controversial; it is quite simply, logical. The unfortunate truth is that Rhonda Byrne and her publishers have chosen to take advantage of our human fear of uncertainty. Even she cannot actually believe in total what she has included in the DVD/book project. In fact, after considering the questions I raise in *The Antidote*, anyone who can maintain an absolute belief in the so-called Law of Attraction, as described in *The Secret*, would be experiencing a delusional state consistent with psychosis.

A friend of mine once suggested that my book on fear would sell much better if I called it *How to Banish Fear from Your Life in One Easy Step*. I'll take my chances with *Embracing Fear*. As for this Kindle e-book, I ask readers to please read the direct and concise case I have made with an open mind and an understanding that seldom does psychological truth come down to all/ none, black/white or yes/no. Truth definitely does not come down to a singular law that determines everything. -Thom Rutledge