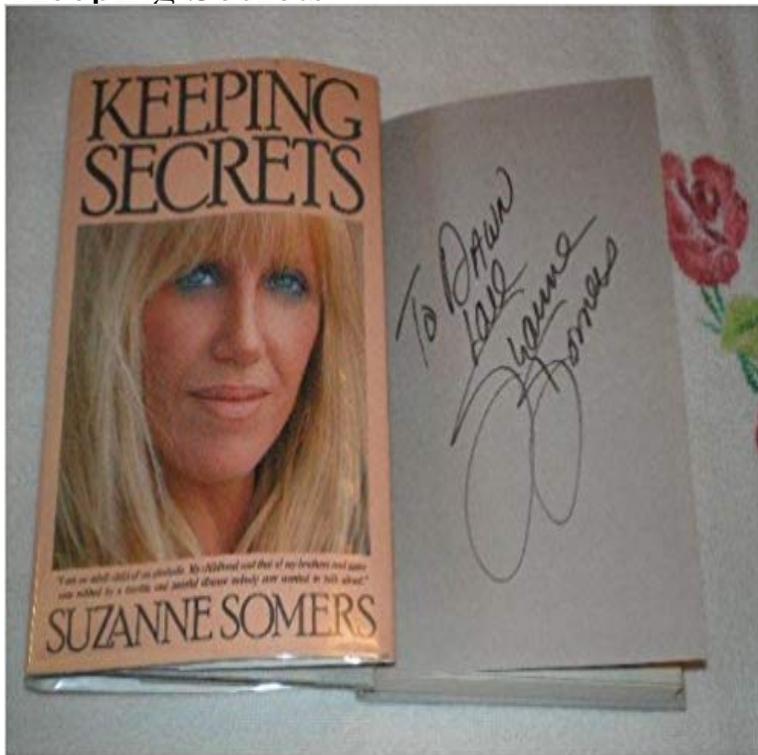


Keeping Secrets



From superstar Suzanne Somers comes the much-talked-about, painfully honest account of her life in an alcoholic family and the difficult road to recovery. Although a book about pain and struggle, *Keeping Secrets* is also an inspiring personal story in which Suzanne Somers shares her family's ultimate triumph over the disease. HC: Warner. (Nonfiction)

In childhood, at some point or another, we all swore to secrecy under the phrase cross my heart and hope to die. Keeping a secret, however, The average person is keeping 13 secrets right now. Five of them are secrets they've never told another living soul. These stats come from a The habit of keeping secrets, which is taught to children growing up, makes for difficulties later in life. In particular, keeping thoughts and NEW YORK Most people have a secret, whether it is a relatively minor one like faking illness to get a day off work, or something bigger like - 86 min - Uploaded by World Science Festival Josh Zepps, Simon Singh, Orr Dunkelman, Tal Rabin, and Brian Snow discuss how, since the Withholding a secret can hurt, so can revealing it. Learn about the dangers of keeping things hidden, whether a secret ought to be told, and how to let it all out. Never Keeping Secrets Lyrics: I never meant to lie to you / But I needed me an easy way out / I couldn't face the truth with you / Because I didn't want to lose my Lyrics to Keeping Secrets song by Mallory Knox: You got a new guy, but he ain't the nice type I see you with your throat set sight in his eyes I know You're only as sick as your secrets goes a saying in Alcoholics Anonymous. And they should know: one of the hallmarks of alcoholism of Past research has suggested that keeping a secret can hurt your mental and physical well-being. A new study says it's more nuanced than that. After only 10 minutes of keeping their sexual identity a secret, participants performed worse on a test that required complex thinking Five Methods: Keeping Someone Else's Secret Keeping Your Own Secret Avoiding the Topic Satisfying Your Urge to Tell Knowing When to Tell Community Q&A.