

Oprah's AUSSIE SECRET

Nicole Kidman and Oprah Winfrey both live by The Secret – now you can too

While it's hard to imagine, just a few years ago millionaire businesswoman Sandy Forster was seriously struggling. The Queensland mum was newly divorced, the swimwear business she built went bust and she was trying to raise two children and pay off her overdraft on a sole parent's pension.

'I was at rock bottom,' Sandy explains. 'I was \$100,000 in debt, on welfare with a three-year-old daughter and six-month-old son. I spent all my time wondering how on earth I could get out of this mess.'

Today, Sandy is a successful motivational speaker, a self-help guru with thousands of followers worldwide. Sandy says she has gone from 'welfare to millionaire' all thanks to the principles of *The Secret*, an Aussie-led phenomenon that's sweeping the world.

The Secret is a DVD created by former Melbourne mum and TV producer Rhonda Byrne. It promises a better life by using the power of positive thought and the universal laws of attraction, which claim the energy you create is the energy you attract. So far 1.75 million copies of *The Secret* have been sold in the US alone and a further two million books have been printed.

When *The Secret* aired recently on *The Oprah Winfrey Show* in the US, it sparked a global frenzy. Oprah gushed it was 'life-changing stuff' and sales of the DVD and follow-up book sky-rocketed.

'When I watched *The Secret* I realised I've always lived by it,' Oprah revealed.

'We create our own circumstances by the choices that we make, and the choices that we make are fuelled by our thoughts.'

'So our thoughts are the most powerful thing we have, and what we think determines who we are and who we attract.'

Nicole Kidman credits *The Secret* with having a big part in saving her marriage to Keith Urban when he checked himself into rehab last year.

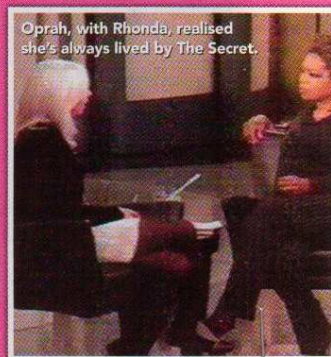
'It's so smart and simple – it's helped me work through a lot of things in my marriage,' she said.



Sandy has gone from 'welfare to millionaire', thanks to the phenomenon's principles.



Rhonda feels she is living her life for the first time.



Oprah, with Rhonda, realised she's always lived by *The Secret*.