The notion of strongly Gorenstein projective modules was first introduced to give a simple characterization of Gorenstein projective modules, similar to the characterization of projective modules by the free modules. Since then, many authors has been interested in either using or studying strongly Gorenstein projective modules. In this talk, we recall the definition of strongly Gorenstein projective modules and we present some its properties as well as some of its utilities in resolving some questions. We end with some new trends on the subject and with some perspectives.