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Dianetics: The Modern Science of Mental Health

By L. Ron Hubbard

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SYNOPSIS

The bolt from the blue that began a worldwide movement. For here is L. Ron Hubbard's landmark book presenting his discovery of the reactive mind that underlies and enslaves Man. It's the source of nightmares, unreasonable fears, upsets and insecurity. And here is the way to get rid of it and achieve the long sought goal of Clear. This is the complete handbook of Dianetics procedure and, with it, any two reasonably intelligent people can break the chains that have held them prisoner to the upsets and trauma of the past. A bestseller for more than half a century and with tens of millions of copies in print, translated in more than fifty languages and used in more than 100 countries of Earth, Dianetics is indisputably the most widely read and influential book about the human mind ever written. And for that reason, it will forever be known as Book One.

Dianetics: The Modern Science of Mental Health By L. Ron Hubbard **Bibliography**

- Rank: #207646 in Books
- Brand: L Ron Hubbard
- Published on: 2007-07-14
- Original language: English
- Number of items: 1
- Dimensions: 9.38" h x 1.75" w x 6.25" l, 2.87 pounds
- Binding: Hardcover
- 680 pages

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Editorial Review

Review

" Dianetics can remove the aberrations which make man a selfish and anti-social creature.... It holds hope that man may at last dispense with the ugly institution of war, because wars are the end product of social aberrations at the national level... Dianetics can rectify the mental short circuits which bring accidental death, can increase longevity, minimize the pain of child-bearing and present Mankind with vast new intellectual vistas..." --Los Angeles Daily News

"...the wave of interest in the subject Dianetics which has swept the country." --Publishers Weekly

From the Author

"We have around us today many problems: problems of the criminal, war, individual illness and juvenile delinquency. We are faced with very intimate and vital problems which we are not, as a large society, adequately solving. Dianetics has introduced into the society a technique by which it is possible to increase the potential working groups in the country.

"I would like to tell you a little more about Dianetics, its general ability to remedy some of the troubles and problems with which the community, the individual, the nation are faced. We have quite a few things in this society today which need remedying, and we are in a little bit better position to remedy these things.

"Dianetics is a series of techniques, tested on an engineering basis, which do things with the science of thought. You hear people say, 'Dianetics? This is probably just another idea. If we sleep on featherbeds we will all be much healthier, etc.' This is the sort of thing that has been going on in the past about thought itself: 'If you sit with your legs crossed for fifteen minutes every morning and say, 'Every day in every way we are getting better and better, '" etc. In the past they were trying to sell this sort of thing as a substitute for a good science of thought. The public is very justly suspicious of anything new that pretends to do something about the human mind.

"We have reached the place where we can blow a whole town off the face of the earth, drive automobiles at 110 miles an hour and unload how many tons of weight, where, at such and such a time, but nobody has been adequately studying the human mind itself.

"Doctors know that human ills stem from the mind. New remedies come out: 'All you have to do is take so-and-so and life is wonderful.' The thinking medical men, however, who have ability and who have done observations on their own, know that none of these medicines are panaceas.... With 75% of man's ills very little advance has been made...

"In Dianetics we demonstrate the fact that we have techniques to do away with psychosomatic illnesses. People say, 'Why didn't someone know this before? Why didn't someone know that we

could recover all our memories of childhood?

“One day I ran into a lady. She hadn’t known who her parents were... Her parents had died before she knew them. I took her back to the period where she could see her parents. We found her name, what her birthday was, where her parents had died, of what they had died, etc. She came back to present time in a remarkable state, tremendously enthused. Interesting to me that four psychiatrists had worked on this lady and were in the audience. Two came up and confessed to me that they had thrown this patient at me to prove that Dianetics did not work. They had worked on her for five years and considered her the hardest patient in the area. These two gentlemen were more courteous to me after that.

“I have received a letter from a gentleman in the Midwest who wants us at the Foundation to send him a certified auditor trained in these techniques in order to instruct the staff of an entire sanitarium in order to accomplish what they have not accomplished before.

“They did not know how thought works, what are the parts of the mind, etc. As a consequence they could not predict how a person would react under certain circumstances. They did not recognize that when a nation goes to war it was in a period of madness.

“Dianetics is interested in experimentation in order to increase the application of these techniques. Our research department is very hard at work running a pilot project on a small group in order to perfect these applications of Group Dianetics. In a few days Group Dianetics has taken an apathetic company and has brought it up to where its income potential has almost doubled. These things are the vital stuff out of which we hope to make a larger and better future for the world.”

L. Ron Hubbard

Radio broadcast given on 8 February 1951

From the Inside Flap

Containing discoveries heralded as greater than the wheel or fire, *Dianetics* has remained a bestseller for more than 50 years. And with over 20 million copies in print, generating a movement that spans virtually every country on Earth, it’s indisputably the most widely read and influential book ever written about the human mind.

Here is the anatomy and full description of the reactive mind, the previously unknown source of nightmares, unreasonable fears, upsets and insecurities which enslave Man. This book shows you how to get rid of it, and so achieve something Man has previously only dreamed of: the State of Clear.

Among the discoveries herein:

- The Goal of Man
- The Dynamic Principle of Existence—the one word that motivates all living things
- The Four Dynamics—the drives upon which all of life is compartmented
- The Descriptive Graph of Survival—revealing one’s true potential and how to achieve it
- The discovery of and complete anatomy of the reactive mind
- The painful experiences—engrams—contained in the reactive mind which command one to act irrationally

against their own wishes and goals

- The impact of prenatal engrams—what took place before you were born and how it's influenced you ever since
- The complete Dianetics procedure to discover and eradicate these harmful experiences so they never affect you again, revealing the one person you've always wanted to know – you.

Companion lecture series: Dianetics Lectures and Demonstrations

Immediately following the first publication of *Dianetics*, Ron began lecturing to thousands upon thousands in packed auditoriums across America. And now, you can be there. In these 4 lectures, you'll hear Ron describe the events that sparked his investigation and groundbreaking discoveries and then, even more, his *personal* demonstration of Dianetics *auditing* procedure to overcome the reactive mind.

Users Review

From reader reviews:

Catherine Nelson:

Have you spare time for any day? What do you do when you have considerably more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a move, shopping, or went to the particular Mall. How about open or maybe read a book entitled Dianetics: The Modern Science of Mental Health? Maybe it is to become best activity for you. You realize beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with its opinion or you have additional opinion?

Jimmy Martinez:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that is look different you can read the book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a e-book. The book Dianetics: The Modern Science of Mental Health it doesn't matter what good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore very easily to read this book from the smart phone. The price is not very costly but this book possesses high quality.

Mary Ruch:

In this period globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The actual book that recommended for your requirements is Dianetics: The Modern Science of Mental Health this book consist a lot of the

information from the condition of this world now. That book was represented so why is the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. The particular writer made some analysis when he makes this book. Here is why this book acceptable all of you.

Glory Ruiz:

A lot of people said that they feel uninterested when they reading a book. They are directly felt the idea when they get a half regions of the book. You can choose the actual book Dianetics: The Modern Science of Mental Health to make your personal reading is interesting. Your skill of reading talent is developing when you including reading. Try to choose straightforward book to make you enjoy to see it and mingle the sensation about book and reading through especially. It is to be initially opinion for you to like to available a book and read it. Beside that the guide Dianetics: The Modern Science of Mental Health can to be your brand-new friend when you're feel alone and confuse in what must you're doing of these time.

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