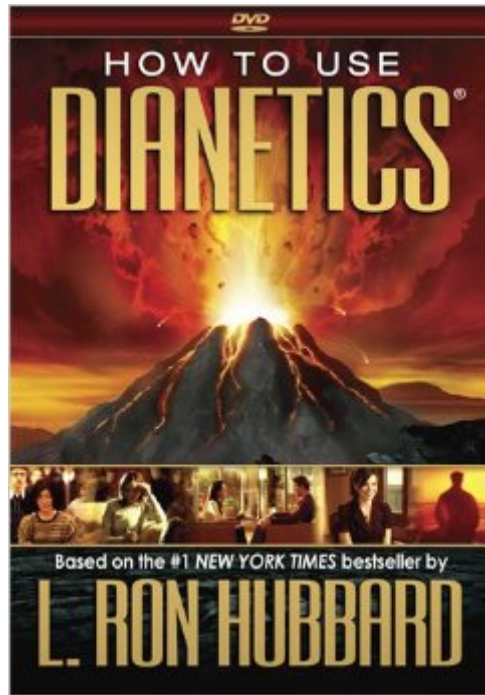


The book was found

# How To Use Dianetics



## Synopsis

The painful experiences of our past clearly have an effect upon our present -- but to what degree and why? That is the subject of Dianetics. This two-disc DVD is a companion to *Dianetics: The Modern Science of Mental Health*, the most widely read and broadly acclaimed book ever written on the subject of the human mind. Drawn directly from the pages of the book, this film reveals how negative experiences in your past cause your mind to depart from rational thought and behavior -- without you even knowing it. What's more, this film teaches you exactly how to use a precise Dianetics procedure of auditing to locate these past experiences and eliminate their negative effects. Dianetics enables you to be your best: confident, rational, productive and creative. In other words, you can be yourself -- free to enjoy life and reach your full potential. That is the goal of Dianetics.

## Book Information

DVD

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (582 customer reviews)

Best Sellers Rank: #1,346,671 in Books (See Top 100 in Books) #127 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Scientology](#) #989 in [Books > Self-Help > Anxieties & Phobias](#) #1549 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#)

## Customer Reviews

L. Ron Hubbard has been grossly underestimated as a writer of Science Fiction. He is possibly one of the greatest fiction writers of the 20th century. With "Dianetics," Hubbard has been able to weave a complex, believable tale of the science of the mind, essentially forming the basis for what would come to be taken to be a religion. How many other Science Fiction writers have done something of that magnitude with such far reaching effects? Darn few. "Dianetics" made an early appearance in the magazine "Astounding Science Fiction" back in May of 1950. It garnered a lot of press and created a buzz that eventually garnered the attention of a wider audience. Hubbard created a whole mythology around himself. It is said he was a bronco buster at the age of three, a teenage explorer,

a blood brother of the Blackfeet Indians of Montana, a Nuclear Physicist, and a World War II hero, among other things. But above all, he was a writer of pulp Science Fiction. Interestingly enough, there's plenty of documentation that many of the ideas put forth in this book are not original. Many may not be aware that at the root of Dianetics are the discoveries of Dr. William Sargant (a psychiatrist). Sargant's research observed post traumatic stress syndrome in World War II soldiers, leading to a cure known as Abnormal Reaction Therapy. This entailed re-experiencing traumatic events (Hubbard called these "engrams") utilizing a hypnotic (or drugged) state to confront these real or imagined items with the aid of a facilitator. If you are interested in exploring Sargant's work, his book is called "Battle for the Mind: A Physiology of Conversion and Brainwashing." There are many very close similarities between the two texts. The key is to become "Clear."

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