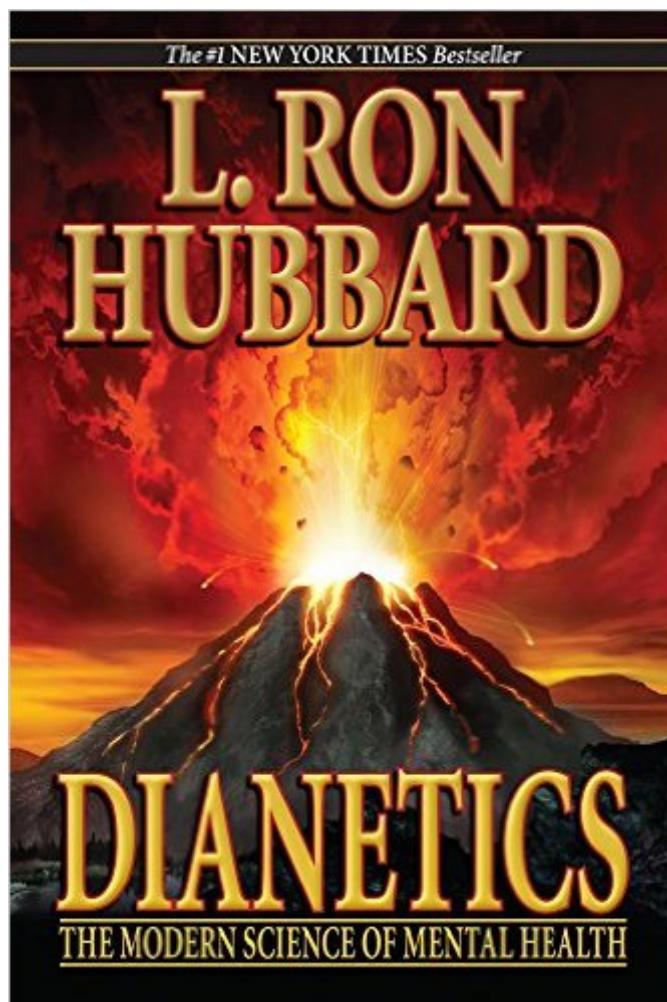


The book was found

Dianetics: The Modern Science Of Mental Health (English)



Synopsis

If you've ever felt there was something holding you back in life, ruining your plans and stopping you from being who you want to be, you were right. The fact is, there is a single source of all your problems, stress, unhappiness and self-doubt. It's called the reactive mind - the hidden part of your mind that stores all painful experiences, then uses them against you. Dianetics gets rid of the reactive mind. It's the only thing that does. With over 20,000,000 copies in 50 languages, and used in more than 150 nations, Dianetics brings dramatic and permanent improvement to people all over the world. Don't live with insecurity, negative thoughts, depression and irrational behavior. Use Dianetics and get rid of your reactive mind.

Book Information

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Customer Reviews

I found this book to be filled with jargon, half baked theories and bizarre assertions. Hubbard seems to only be guessing; he gives no clue as to how he arrives at any of his fantastic claims- that one can raise one's IQ, avoid accidents, pretty much eradicate any and all issues in one's life, by clearing away "engrams" created by bad experiences, including *prenatal* experiences. In short, one will become more or less superhuman- and if not, it's because you're not doing it right- and it's this weird circular logic that makes the book impossible to take seriously. He seems to have started with some interesting borrowed ideas (regression therapy, ritual magick, etc.) and gotten extraordinarily carried away. In short, he combines older forms of psychotherapy with magical techniques and his own version of Buddhist mindfulness meditation. This could be of limited usefulness, but I am very

concerned that the book makes claims that homosexuality, infertility, etc., are 'perversions,' actual physical illnesses that can be 'cured' by Dianetics, and that ulcers and other diseases are caused by unsuccessful attempts at abortion. These are just two of the many odd medical assertions Hubbard makes which could cause serious harm were one to prefer Hubbard's advice over proper medical or psychological care. Most disturbing of all, critics of Hubbard's methods are, of course, ill themselves, criminals, or worse, a frighteningly convenient idea.

Hubbard is attempting to introduce a new system of therapy in this book and as such, it is necessary that he take pains to write in a particularly lucid and precise style; this is not the case. This book rambles on for far too long in many places, introduces concepts out-of-step with their field in a brash manner that is not thoughtful, and does not sufficiently refute its interlocutors. It is also hard to tell how seriously the author himself takes these theses in the course of his writing. As a piece of rhetoric, self-help, or literature, this is a failure. Also, I can only speculate on why there is a bursting volcano on the cover; this makes the book less credible and more sensational in my opinion.-JAK

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." Getting to the state of clear comes via "auditing" (a confessional) to remove engrams, thus destroying one's reactive mind. This is the portion of the mind that Dianetics states is the cause of mental and physical ailments. A Dianetics auditor questions the "pre-clear" with the use of an e-meter (a simple lie detector) to assist with this process. It's been debated that either George Orwell or Ron Hubbard said: "Writing for a penny a word is ridiculous. If a man really wants to make a million dollars, the best way would be to start his own religion." Well, Hubbard did just that. And he did indeed make millions. And here is the book that started it all, compliments of the extremely imaginative mind of Science Fiction writer, L. Ron Hubbard, and a few uncredited Psychiatrists.

I read this when I was young, before I had a real capacity for critical thought, and found it deceptively engaging in a rebellious "anti-establishment" kind of way. Unfortunately, close scrutiny of the text reveals hollow, unproven arguments (with citations desperately needed) leaving one walking away from the book with serious cognitive dissonance. [...]

There are just no words to accurately describe this book. The made up words, the crazy assertions, the babbling, the insanity. A road map of the Mojave Desert could give more insight and guidance into mental health than this book.

The thing that bothers me about this book is how it lacks in any sort of scientific validity. The book proposes theories about how the mind works without any research evidence. The concepts are dreamed up by this science fiction writer and don't really have any sort of relevance to how you can become happier, etc. If you want to improve yourself, read a self-help book written by a mental health professional, counselor/psychologist, etc. If you want to go to Hubbard's dream world of magic, read Dianetics.

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