

Self Improvement

Helping Yourself And Others

(NAPSA)—When it comes to dealing with tough times, Americans have found ways to rise to the occasion.

It's a tradition that could be especially helpful in the wake of the recession, as people work to overcome the potentially devastating psychological effects associated with layoffs, foreclosures and the loss of businesses.

Fortunately, Americans have come together to help one another—statistics from the Corporation for National & Community Service show that Americans recently contributed 8 billion volunteer-service hours. But many have found ways to help themselves as well. Now, a well-known book could provide a few new solutions to help even more people do just that.

Called “Dianetics: The Modern Science of Mental Health,” it was written by L. Ron Hubbard in 1950. Since then, it has been on 116 best-seller lists for more than 1,060 weeks, making it the all-time “best-seller on the mind,” with over 20 million copies sold. For the first time, it's available with a DVD illustrating the full theory and practice of the innovative Dianetics self-help procedure.

It illustrates how the painful experiences of our past affect our present. But to what extent and why? Drawn directly from the pages of the book, these films reveal how negative experiences in the past cause the mind to depart from rational thought and behavior—without awareness.

The films teach how to use a precise Dianetics procedure to *locate* these past experiences that



Many Americans have used a self-help book now accompanied by a new DVD that helps deal with the source of their fears, self-doubts, anxieties and stresses.

are troubling and eliminate their negative effects. Just because a painful incident from the past isn't remembered doesn't mean it isn't causing severe difficulty, upset or pain today.

Based on Hubbard's work, it introduces simple techniques Hubbard developed to handle what he considered the “source of one's fears, anxieties, self-doubts and stresses.”

The book is available in 50 languages, and the DVD is available in 16. Hubbard is one of the most widely read authors in the world, with over 200 million copies of his works in circulation and 19 New York Times Best-sellers. He is also recognized by the “Guinness Book of World Records” for having the most published works by a single author and the most audiobook titles on Earth. His works comprise some 5,000 writings and 3,000 recorded lectures.

For more information, visit www.Dianetics.org.