

# achieve your goals

## Become More Successful Using The Power Of Your Mind

(NAPSA)—After years on the bestseller list, a book that has been described as a guidebook to the mind may now earn an even wider audience in DVD format.

“Dianetics: A Visual Guidebook to the Mind” (Anchor Bay Entertainment, \$14.98) uses L. Ron Hubbard’s modern science approach for mental health.

Dianetics has been a bestseller for over 53 years and spent 150 weeks on the New York Times bestseller list. It has been translated into 53 languages in over 150 nations. The book has been praised for its ability to help readers address their reactive mind, the part of the mind that may cause unwanted emotions and irrational actions.

Dianetics offers a way to address these types of negative feelings and actions, which can result in increased ability and a new optimistic outlook on life.

The DVD explains L. Ron Hubbard’s techniques step-by-step. Using a partner, the viewer is coached to find past negative incidents in their reactive mind and use exercises to eliminate the negative effects of these incidents. The DVD features Dolby Digital Stereo, animated menus and multiple languages. Links to the Dianetics Web site and hotline information are also included.

“In less than an hour, viewers can watch live demonstrations and examples of the comprehensive program and can begin



**A new DVD details a step-by-step procedure that can be done with another in the comfort of one’s home to increase success and happiness in life.**

applying Dianetics techniques right away to obtain positive results in their lives,” commented Blake Silber, Public Affairs Director, Bridge Publications, the publisher of Dianetics.

Dianetics techniques have been applied by millions of people from all walks of life. Research has shown that the procedures have helped people take control of their lives and live to their full potential. In a recent survey of Dianetics users, 91 percent said it enabled them to be more successful. In addition, their competence level at work improved by 131 percent and they increased their income by an average of 306 percent.

L. Ron Hubbard is one of the world’s most widely-read authors and has received thousands of awards and recognitions. To find out more about Dianetics, visit [www.dianetics.com](http://www.dianetics.com).