

During Mental Health Month, Dianetics: The Modern Science of Mental Health celebrated for its ability to empower people

The book Dianetics: The Modern Science of Mental Health continues to be timely for its ability to restore self confidence and a positive outlook on life.

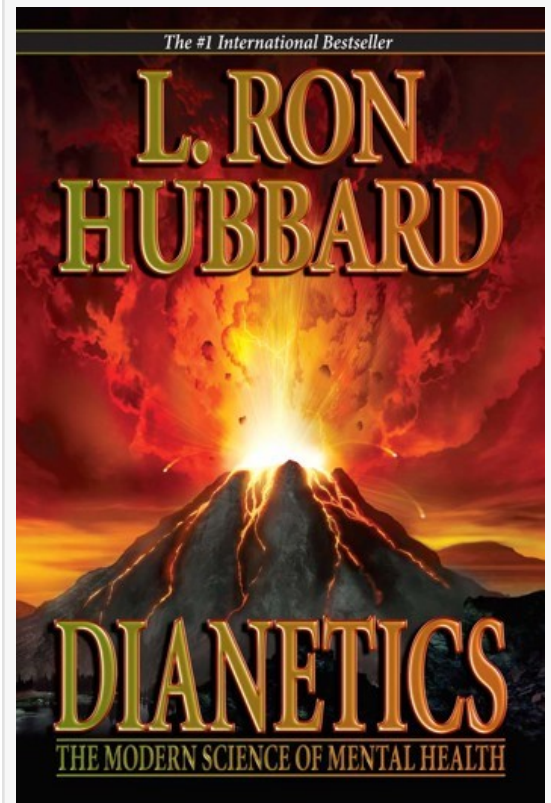
WASHINGTON, DC, USA, May 4, 2023 /EINPresswire.com/ -- With May being National Mental Health month, more Americans are paying attention to their mental health and ways they can help improve their own mood and thoughts.

To bring more attention to drug-free mental health solutions, celebrations of “Dianetics Day” on the 73rd Anniversary of the publication of the book Dianetics: The Modern Science of Mental Health by humanitarian L. Ron Hubbard will be held around the world.

Dianetics announced to the world in 1950 that a person can improve their own mental health and self-confidence. This book and methods laid out in it have been used by its readers ever since with innumerable stories about how lives have been improved.

When Dianetics rolled off the presses more than 50,000 copies sold off the shelves immediately and the book soared onto the New York Times bestseller list, where it remained for 26 consecutive weeks. Publishers Weekly described Dianetics as “perhaps the best-selling non-Christian book of all time in the West” and awarded it the prestigious Century Award for appearing more than 100 weeks on its bestseller list.

Mr. Hubbard discovered the single source of nightmares, unreasonable fears, upsets, insecurities and psychosomatic illness—the reactive mind—and in Dianetics, described it in detail, laying out a simple, practical, easily taught technology to overcome it and become more yourself.



Dianetics: The Modern Science of Mental Health first rolled off the presses this month, 73 years ago, on May 9, 1950. Today it is available in 50 languages.

Dianetics is that technology, rendering to the average person a method of effectively helping himself and others. Derived from the Greek “dia”, meaning “through” and “nous” meaning “mind or soul,” the word Dianetics means “what the mind (or soul) is doing to the body.”

“You are beginning an adventure,” wrote L. Ron Hubbard in the opening pages of the book. “Treat it as an adventure. And may you never be the same again.”

Embracing that adventure, some 750 Dianetics groups sprang up across the United States the year the book was published. Using no more than the techniques described in Dianetics, its readers teamed up to help one another overcome and eradicate their reactive minds.

Within weeks of the book’s initial publication, Mr. Hubbard was traveling coast to coast, lecturing to tens of thousands of new readers on his discoveries and their application. He summarized those discoveries in his essay, “Dianetics: An Introduction,” now [available as a film](#) on www.Scientology.TV. The film illustrates how painful



Author of Dianetics, L. Ron Hubbard

“

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*L. Ron Hubbard, author of
Dianetics: The Modern Science
of Mental Health*

experiences of the past can affect one today and conversely, how, by understanding the mechanisms of the mind, one can regain the confidence and positive outlook one needs to tackle the challenges facing us all.

The demand for Dianetics: The Modern Science of Mental Health, now available in 50 languages, continues unabated, with more than 22 million copies sold in 176 countries.

“How to Use Dianetics,” a set of 32 films available in 17 languages, provides more than four hours of visual instruction in Dianetics principles and procedures. Both the film and the book can be purchased at Dianetics.org.

Recognizing the profound impact of Dianetics, and the Scientology religion which developed from its discoveries, Smithsonian Magazine named L. Ron Hubbard among the [100 most influential Americans](#) of all time.

With over 250 million copies of his works in circulation, L. Ron Hubbard has inspired a movement

millions strong and spanning six continents. That movement began with the book Dianetics.

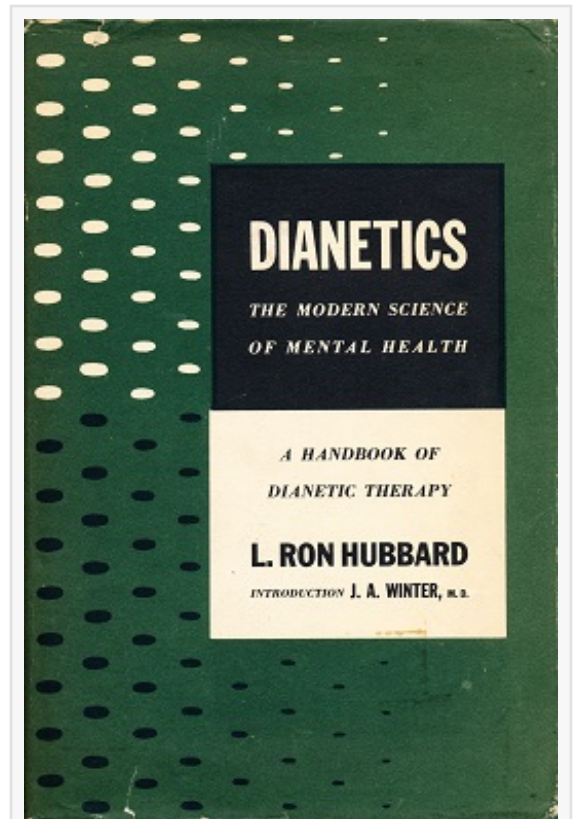
“The history of Dianetics would be the history of a voyage of discovery,” wrote Mr. Hubbard, “of an exploration into new and nearly uncharted realms, Terra Incognita, the Human Mind, a land which lies an inch behind your forehead.”

Churches of Scientology around the world hold annual events each May to mark the first publication of the book as “Dianetics Day.” This month the event will feature people who have benefited from Dianetics and celebrate those who are doing the most counselling of others using Dianetics techniques.

The Scientology religion was founded by author and humanitarian L. Ron Hubbard. The religion has expanded to more than 11,000 churches, missions and affiliated groups, with millions of members in 167 countries.

To answer the overwhelming interest about the Scientology religion, the Church of Scientology launched its own satellite TV channel, Scientology Network, on DIRECTV Channel 320, which also livestreams at Scientology.tv and on multiple platforms in 17 languages across 24 time zones.

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The original cover in 1950 of
Dianetics: The Modern Science of
Mental Health

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