



Self Analysis

L. Ron Hubbard

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The "30 minute mental workout". Here is a new kind of workout that will give your customers a new lease on their relationships and their lives.

It's the perfect book for the busy professional. Self Analysis contains easy to learn techniques which can be used daily to:

- Improve memory
- Eliminate stress
- Enhance reaction time
- Improve survival potential

Self Analysis Details

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From Reader Review Self Analysis for online ebook

Andy Nolch says

Wow! What an interesting book. I do feel after reading it like I know a lot more about life and am wiser. I can use this information at work. We need this taught at high school!

Tim Price says

I first tried to study this book, and I rushed through it and found it quite difficult to understand. I put it down for a while and then about 7 months later, I decided to pick it up again and give it another shot. I decided to take my time with it and really make sure that I understood each sentence, each paragraph, each chapter, etc.

All I can say is wow! What I got out of it has honestly changed my life! I could carry on for ages, but all I can recommend is that you go buy this book, READ IT, apply it to your life and what how it changes you for the better!

Felicity Chambers says

I originally bought this book for my Dad. After mum died he started slipping away a bit. He was sad and didn't really do much. I helped him with the techniques laid out in the is book and before I knew it he was back playing golf with his buddies and started a hobby with wood-turning. A couple of years later he's as fit as a fiddle and that makes me very happy. I have heard of similar results with kids too! Try it. Please.

Jacqueline says

This book dramatically changed my life for the good - and I didn't actually think that was possible. I look at life with happiness and excitement, rather than despair. I am enthusiastic about the future, rather than worried about it. I love my fellow man, and understand them, so much more than I thought possible, even when they may seem to act irrationally. I give better advice and am able to help my friends. I am more calm. I am happier. This book just makes so much sense, and I love it!!

Jennifer Hirsch says

This book will make you more happy than anything else I can think of. You can improve your memory and mood. It's available I'm your local library and it's great fun. Just get it, read it and use it to improve your life and the lives of the ones you love. It's worth your time and attention.

Tom says

I have read many many books in the self-help space. Self-Analysis is the only self-help book that I have read that has given me practical methods to help myself. It is one thing reading, an another doing something about it. Self-Analysis will help you do something about it. It will change your life!

Kelly says

Very simple method to improve you attitude, happiness and memory.

Kelly Drew says

I'm not a Scientologist but was prodded by a good friend to read and use the tools in this book. The memories of my childhood are scarce and this book was suppose to enable me to retrieve some of those memories. Unfortunately it didn't work and I couldn't continue.....which was frustrating. I can see the usefulness of the tools in this book. At some point, I'll try again. For now, I'll move on to something a bit more fun.

Wendy says

Very easy to read interactive book that allows the reader to explore himself, without the added bonus of someone else to do the analyzing.

James Mourgos says

Well, Self Analysis and I are old buddies going back about thirty years. There are so many principles that I had forgotten about or had re-discovered in reading the book and doing the exercises.

Hubbard's Science of Survival emphasized concentrating on the pleasure moments in the person and in yourself. In Self Analysis, he gives the way of doing that. Going over the various kinds of recall, such as imagination, general incidents and such to better know ourselves was really a treat to read about and to remember.

The chapter on "On Our Efforts of Immortality" was very interesting as he describes life force as another kind of energy and its purposes and he echoes what he talked about in SOS - that life must procure pleasure and avoid pain. Good advice!

Another principle I enjoyed was the concept that many of our fears are really merely shadows and like the natives who catch fish with shadows, we usually mock up or others mock up these flimsy traps for us. All we really have to do is disagree and get some auditing.

Also the book helped rehabilitate what I liked about Self Analysis and its simple yet effective technique in

bringing people up and not having to live with their painful or sorrowful memories.

Eusebio says

Self-Analysis Extension Course

Lesson Number 9

Your rating: 100%

Awesome Eusebio!

Again VERY WELL DONE!

ARC,

Karen

Read List 3 Sensory Orientation, relative size section and answer the following questions.

Question 65: Define the Sense of Relative Size.

What is the recognition of the size of one in relation to the scene in which it is found and the objects and organisms of that scene is, in itself, a sensory message.

Question 66: Make some comparisons to show the relative size.

Flying inside a Boeing 777 at thirty thousand feet above the Grand Canyon sky and then looking down you get a very unique perspective of its enormous volcanoes, Hoover Dam and the Skywalk because they are seen almost microscopic but, from the Edge West seeing the Grand Canyon is another very unique experience because its size is still high but not microscopic. The Church of Scientology of Portland had a kiosk in Lloyd Center and I sold many books there. At first I felt very insecure when tall people wanted to take the stress test. On one occasion, a giant man like 6.3 ft. tall tried to intimidate me with his highness, so he came over to me to test him for stress. I welcome the man and then I give him the cans. I found out at the time that the size of his body had nothing to do with its interior because he was actually high on the outside, while on the inside he had many traumas, tragedies, losses etc. just like any other; thus, when it is removed at least temporarily I had reactivated the perception of relative size.

Rita R says

I attended a workshop at the Church of Scientology to learn how to read/understand and put this book into practice. Since then, I haven't used it much.

I think I'm okay with the fact that I don't remember every experience with all of my perceptions (one of the goals of a "Clear"). But every now and then I'll go through it and try to see how many senses I can recall about some of the experiences given in the book. I actually find that it helps me to feel better when I can focus on one experience and try to remember what I saw/heard/felt, etc. Maybe I just feel better because I'm distracting myself at that moment from whatever it is that's bothering me but it's a better way of dealing with issues than altering your state of consciousness with illegal or prescription drugs. One could say maybe I'd feel better if I just dealt with the issue at hand. That might be true if there was a solution to the problem. But not every problem has an immediate solution and dwelling on it does nothing more than cause unnecessary stress and worries.

Christy Stewart says

I got, like, 100 on the Hubbard Chart of Human Evaluation.

Take a picture, trick.

Ted Forgach says

This is a really cool book. Really it's two books in one. The first book tells you all about your life and about the best friend you didn't even know you had - YOU. The second book shows you a really simple exercise you can do for 1/2 an hour a day, which really bring you up to a higher level of awareness and ability. It isn't just positive thinking and affirmations and such. This exercise makes you use your mind and gets you to really delve into the hidden nooks and crannies, and you discover what a cool life you've actually led. Awesome!

Loki says

This book has no scientific basis, there's no evidence of any trials of the theories put forward; from what I can tell it is mostly guess work on Hubbard's part. He gives way too much importance on remembering childhood trauma, and seems to base all your earthly problems on things that happened decades (or even lifetimes!) ago.

To make matters worse it is horribly written, so much so that Scientology recommends you go on a course so you can understand it better! (I'm betting the course doesn't come cheap either). But course or no course, this book would not hold up against any of the more recent books on the subject written by actual scientists, rather than a pulp sci-fi writer who learned how to brainwash people.
