

Self Analysis

L. Ron Hubbard

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Self Analysis is the first book to provide definite techniques to improve memory, speed reaction time, handle psychosomatic illness and reduce stress. It offers the means to spiritual self-discovery through a series of processes designed to give you the clearest look you have ever had into your past.

A series of tests at the beginning of the processing section enables you to assess your current emotional condition and spiritual state before starting, and provides a gauge of the improvements achieved as you progress through the book. You then embark on an analysis of your past, guided by simple and specific directions.

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