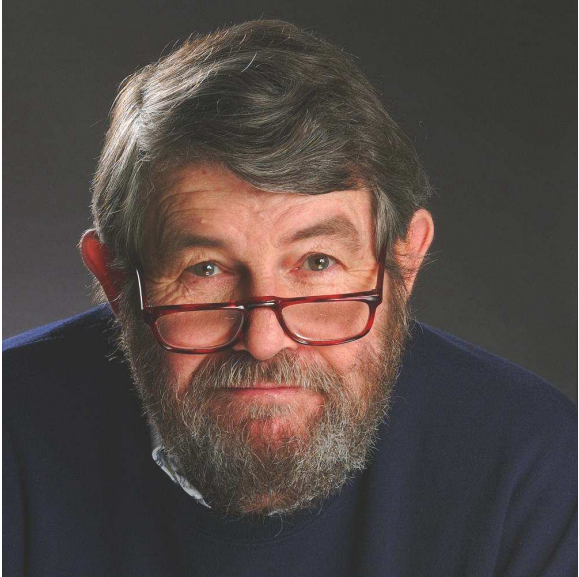


Remington – Scientific Psychology



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Scientific Psychology

by Doug Remington

58,342 Words

What it's About

Something Totally New

Scientific-psychology is a scientific, chemical-free, how-to, mental process that

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can be used by the average person to reverse the currents of his or her mind into an authentic and natural state of composure. Consequently all emotional pain can be pacified immediately!

Today modern psychology is still in the Dark Ages. Dr. Harvey Mindess, who founded Antioch University in Los Angeles, wrote a book, *The Psychology Makers, the Personal Factor*. He says, psychology is purely an art form -- not a science!

Wrong! And here's my book, *Scientific Psychology*, to prove it!

No, I didn't invent the process. I only re-discovered it, studying Aristotle's Ethics and similar texts found in Sanskrit. The first chapter of the book is technical -- but easier to learn than simple arithmetic. Then the rest of the book explains everything with child-like simplicity. Even mentally challenged persons can easily apply it and pacify all emotional pain.

My book explains:

1. Why all emotional pain arises.
2. How to pacify all emotional pain -- even if it involves grave, emotional and mental disorders.
3. But just ending emotional pain doesn't produce happiness. So more importantly, the book also explains exactly how to empower genuine happiness.
4. The book offers a way to end all serious addictions, like overeating, drinking, smoking, nail biting, or any other.

In summary, the process offers a chemical free, sedative caused by a change in thinking. It can be called a change-of-thinking sedative. Dr, Albert Ellis has performed thousands of effigy studies that prove a change-of-thinking sedative can be just as effective and fast acting as alcohol, illegal drugs, or psychiatric medications.

How it all evolved:

In 1997 I spent a semester in graduate school, studying for a Doctorate of Psychology. No I don't have a degree. At the end of that first semester, I dropped out. I already understood this ancient, scientific psychology. I had already used it successfully in my own life for about 25 years. I knew it worked, because I had scientific evidence from the laboratory of my own daily activities: that is, it killed my emotional pain!

Based on this, I wasn't willing to stay in graduate school. At that time modern psychology was not really ready for *Scientific Psychology*.

Everything is changed today. Here's why! Martin Seligman, Head of the Department of Psychology at the University of Pennsylvania developed a new theory called: *Positive Psychology*.

New Psychology Course at Harvard!

In 2006 a new course was offered at Harvard. Only a hand-full of students showed up. Then **SHAZAM!** Over 900 students signed up for the second class. Why? Because the students who took the course told others. The explosion in attendance happened because of a single factor. In 2006 it was common to find people in therapy for twenty (20) years or even longer, struggling unsuccessfully to deal with depression.

It started getting around Harvard. There's a new psychology that teaches, a way to pacify depression in a matter of days or weeks. What is this great and mystifying process? Gratitude. It all happens by forcing the mind into this state. And guess what, no more depression!

Why this happens is described exactly in my book, *Scientific Psychology!* Dr. Seligman offers no reasons. According to the ancient texts, by forcing the mind to be grateful, it's pushed it into a different state of consciousness, *Sattva* in Sanskrit, or what Aristotle called the "*Mean*," or, "*Middle Path*." Dr. Seligman does not try to explain different states of consciousness. And he does not refer to psychology as a science at all.

Dr. Seligman does reference Aristotle in his book, *Planned Optimism*, and other books too, several times in connection with adopting higher ideals. But he does not slightly mention Aristotle's chart in the Second Chapter of *Ethics*. And naturally Aristotle gets no credit at all for *Positive Psychology*.

Dr. Seligman has forced all the different schools of psychology to take note. Basically there's no denying the success of *Positive Psychology*. In 1997 when I was in graduate school, all the individual schools were like cats – furry little balls of ego – hissing and clawing at the other's theory. Today there's wide acceptance to Dr. Seligman's

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work. And for this reason, any system of psychology that supports *Positive Psychology* one-hundred percent (100%) finds immediate acceptance.

And at the same time my book, *Scientific Psychology*, moves psychology from a theory and philosophy to an actual science. Dr. Seligman's work does not.

Not only that but, because my book explains the actual, scientific process, doors open, other more effective means for controlling emotional pain become possible – not just gratitude. Also Dr. Seligman admits that just ending emotional pain doesn't empower happiness, but he doesn't really offer a specific process for empowering such happiness. My book, *Scientific Psychology* does!

This is the first book of it's kind. And for these reasons, you might find an interest.

I have several other books in mind. One especially. I talked with Dr. Peter Breggin, MD, Harvard Medical School, once – a very long time ago. He has co-authored about 30 books on the ills of psychiatric medications. Only trouble is, all of his books lack a viable substitute for the pills. We had a really good rapport. Intuitively I feel he would be open to the idea of doing a book with me.

Dr. Breggin recommends his patients go back to some form of religion. This was also the great psychiatrist, Dr. Karl Jung's approach. But unfortunately this is only a solution for about three percent (3%) of the people. Others are forced to take their medications. They have no way to get off the pills. And according to Breggin, Seven percent (7%), about one (1) in fourteen (14) are subjected to what he calls, “A major

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psychotic episode,” that is all caused by the pills alone.

Also I've decided to make selling this book, my remaining life's work.

Naturally you have an exclusive. But if you decide it's not for you, please let me know with the enclosed, self-addressed, stamped envelope.

The entire book, *Scientific Psychology* is on my web site:

<http://Scientific-Psychology.Com/> Or let me know and I'll mail a hard copy.