

**SCIENTOLOGY**  
effective solutions



teaching trust, honesty  
and self-respect

Is there a  
solution to  
violence,  
crime and  
intolerance?



# Introduction



**W**e hear it on the news ceaselessly, in examples of murder and embezzlement, infidelity and

corruption: Our modern culture is beset by a maelstrom of social ills, all capable of threatening the very existence of our civilisation. It is as if the decency and integrity of our forebears have been forgotten amid an onslaught of materialism. As a result, the by-products of violence, crime and intolerance dominate the airwaves and fill headlines.

And it is not just violence, but a pervasive degradation that erodes the very foundation of our culture. Hardly a country in Europe escapes the focus of trouble:

- Violent racist attacks quadrupled in France in 2002 to the highest level in a decade — and more than half of these incidents were anti-Semitic.
- Since the late 1990s, massive amounts of evidence have surfaced indicating that almost every country in Western Europe has at least one terrorist cell linked to al-Qaida, which the Madrid bombings have tragically proved to be true.
- According to an international comparison of criminal justice statistics, based on information collected from the UK Home Office and Council of Europe, in the last five-year period on record (1997-2001), the average rise in violent crime in the EU was 22%, with the highest increases in France (50%), Spain

(49%) and the Netherlands (35%). In the UK, police recorded nearly 870,000 violent crimes in 2001, more than three times the amount of France, the next highest-ranking country (279,000).

The world these statistics depict serves as a larger backdrop for the more brutal reality of the personal pain and difficulties encountered by individuals as they try to live their daily lives. Just raising and feeding a family, earning a living wage, holding a job and remaining safe in an insecure world present real and sometimes insurmountable challenges.

It is no wonder that many question where happiness can be found — or if it can even be found at all. Almost anyone would acknowledge that true joy and happiness are valuable, and that trying to survive in a chaotic and dishonest world is difficult.

The problems we face — war, poverty, economic crises, intolerance — share a common undercurrent. Indeed, although poverty and conflict have economic and political causes, questions of morality can contribute to, perpetuate and even predetermine such social ills. And where moral principles of kindness and mutual respect have no value or meaning, how can we expect individuals, let alone nations, to treat one another with dignity?

Is there a way toward a much safer and happier life for mankind? Can anything be done about the modern moral vacuum?

# The Way to Happiness

A common sense guide to  
happier living

Now, a common-sense code of values offers a means to understand for yourself what is right and wrong, and in so doing provides a genuine chance for widespread peace and tolerance.



**E**very culture in every age has relied upon a moral code to promote positive, constructive conduct and discourage destructive, harmful acts. Though some of these codes might not seem applicable in the 21<sup>st</sup> century, they were entirely relevant when first conceived. Oftentimes, they had direct bearing on matters of health

and survival, helping to perpetuate the family, the group and the nation. They also provided a means by which individuals would uphold the ideals of honesty and mutual trust.

But as times changed, these various codes of conduct have been challenged and abandoned — but not replaced. Many people have been left adrift in our rapidly changing society, with no moral



compass to help guide behaviour, and thus the survival potential and general mood of society has continued to deteriorate.

Just as all past cultures relied on a strong moral basis for their assured survival and happiness, so too does our own culture today desperately call out for such a basic code, one by which we may live with decency and honour.

L. Ron Hubbard was keenly aware of this in 1980 when he observed that our world lacked any modern moral guide and that, as a result, man was far more prone to a joyless existence. Best known as the founder of the Scientology religion, Mr. Hubbard brought a number of solutions to the world from a purely humanitarian perspective. (See "L. Ron Hubbard

— the Author," p. 26.) And in this instance — quite apart from his religious works — he saw the need for a code of conduct *not* tied to any particular religion, whether in content or use.

Thus he wrote *The Way to Happiness*, a common-sense guide to happier living. It carries no other appeal than the good sense it makes to the individual who reads it.

# Providing moral guidance in the secular arena

Benefiting people of all colours, cultures and creeds

Teaching our youth about morals does not have to be done in a religious context. There is a common-sense way for them to learn the difference between right and wrong.



*"Today's children will become tomorrow's civilization," writes L. Ron Hubbard in The Way to Happiness. Thus teachers use lesson plans based on the book's precepts, encouraging trust among youth and thereby advancing a civilisation with a brighter future.*

To preserve democracy and ensure unbiased political administration, a growing number of nations have chosen to maintain a separation of church and state. And while there are some arenas in which the boundaries of such separation have a tendency to overlap, perhaps none is more rife with

the secular argument than our schools.

While no religion should be enforced upon a school's students, efforts to remove religion's influence in schools can nullify the moral guidance such teachings often provide. As L. Ron Hubbard commented, "People and even little kids in schools have gotten the idea that high moral standards are a

# Moral precepts of *The Way to Happiness*

“If one’s aims in life are worthwhile, if one carries them out with some attention to the precepts in this book, if one flourishes and prospers, one will certainly wind up the victor.”

— L. Ron Hubbard



**T**he 21 precepts of *The Way to Happiness* may be likened to the edges of a road. “Violating them, one is like the motorist who plunges onto the verge — the result can be wreckage of the moment, the relationship, a life,” writes the author. And while only the individual himself may decide where to draw the road map of his life, for his goals are wholly his own, if he knows how to stay on that road, it becomes a smooth and fast highway.

What is different about *The Way to Happiness* is that it not only presents the precepts by which one may live a better life, it also explains *why*. Each precept is accompanied by an essay detailing the very concrete reasons why such behaviour translates into better survival and greater happiness. It demonstrates the very real correlation between virtue and joy.

These precepts and their benefits are described in an everyday life context. For example, one is advised

thing of the past," which in turn, brought him to the pivotal question: "What if one were to put out a *non-religious* moral code? One that appealed to the public. One that would be popular and could be kept. One that would increase the survival potential of the individual amongst his fellows. And one the general public itself would pass on."

Thus he wrote *The Way to Happiness* — not a religious work, but a means to fill the void left by the lack of moral guidance. It promotes no religion or faith; rather it helps one decide for himself the manner in which he lives, especially during times of moral dilemma.

In the United States, where *The Way to Happiness* was initially published in 1981, programmes based on the book have reached 12 million students in more than 12,000 schools. An independent study found that 85 percent of teachers with classes participating noticed a positive change in their students' understanding of moral values, while 90 percent noticed a positive change in their students' attitudes.

As a school principal noted, "We have decreased the violence



by 70 to 80 percent over the school year. We have decreased disrespectful attitudes toward teachers, decreased vulgar language and gestures....

"Kids are now more apt to sit down, calm down, think about what to do and set a good example. It is not 100 percent," she summarised, "but it is 100 percent improvement."



To date, more than 62 million copies of *The Way to Happiness* have been distributed in 96 countries and 66 languages.





“We have decreased the violence by 70 to 80 percent over the school year. We have decreased disrespectful attitudes toward teachers, decreased vulgar language and gestures....”

— Vanessa Barbour,  
School principal  
commenting on the  
results of *The Way to  
Happiness* programme



*The Way to Happiness* provides a point of agreement for people of any faith, or those who profess no faith at all, because it is based on common sense and the desire of every individual to survive well.

With this book, children can learn the difference between right and wrong at an early age, and thereby enjoy worthwhile lives filled with happiness, dignity and accomplishment. And let us not forget that their well-being and success is the key to any nation’s future health and prosperity.

In an even broader context, and despite the many differences of national, political, racial or religious hue, each of us must make our own way through life. Such a way can be made better if the precepts presented in *The Way to Happiness* are known and followed — and if one helps others to know and follow them as well.

Imagine a world without crime or war, without lies or corruption, where unemployment is practically zero and conflict and disrespect are things of the past. Civilisation must continue to make strides toward the accomplishment of such aims if it is

to truly stabilise itself for centuries to come, and not sink back into the barbarism of the past.

With the first publication of *The Way to Happiness* more than two decades ago came a considerable popular response. Individuals passed the book along to their neighbours. Community-minded business people printed tens of thousands of copies and had them inserted in local newspapers as a gesture of goodwill. Merchants kept a supply of books on hand to give away to customers.

Among those to broadly distribute the book were individual Scientologists concerned about the decline of society at large. Yet these Scientologists were, by no means, the only ones to see the value of *The Way to Happiness*. From the outset, this has been a broad grassroots movement spanning religious, political and socio-economic lines. Regardless of how it arrives in the hands of another, this common-sense guide to better living consistently establishes trust, honesty and self-respect in the lives of those it touches. Its applications have proven limitless, whether

*Respecting all religions, without enforcing any of them on students, The Way to Happiness fills the void left by the lack of moral guidance in schools. Whether youth learn these common-sense precepts through classroom posters (below), as a result of the book's distribution in markets and city squares (facing page, top), or by reading it at home or in libraries (facing page, bottom), the benefits are greater trust, honesty and self-respect in the lives of those it touches.*

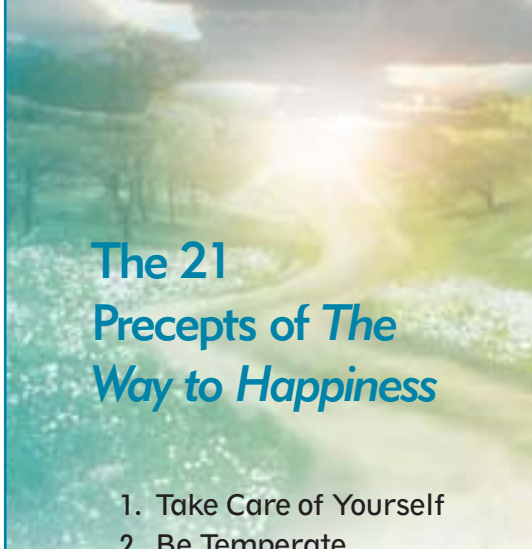


handed from one to another or mailed to every household in a country, which recently took place in Guyana. Hamilton Green, the mayor of Georgetown, Guyana, described the distribution of *The Way to Happiness* in his country as “a breath of fresh air blowing through our land.

“This is one medicine that the doctors and the chemists can’t put on a label, ‘be careful with an overdose.’ Your ‘Way to Happiness’ is an appropriate prescription — let us have it dispensed in generous doses throughout the world,” he said.

Whether given to a troubled

youth, a victim of war or a worried parent, *The Way to Happiness* has restored a regard for values and thus established a foundation for both personal betterment and social reform. To date, more than 62 million copies of *The Way to Happiness* have been distributed in 96 countries and 66 languages.



## The 21 Precepts of *The Way to Happiness*

to be temperate and abstain from harmful drugs for the simple reason that life is more enjoyable when people are physically healthy enough to participate in it. Likewise, one is cautioned against promiscuity because relationships and families will shatter in the face of infidelity. With the same logic, readers are enjoined to live with truth and bear no false witness, as “There is nothing unhappier than one who tries to live in a chaos of lies.”

Because our well-being is inextricably tied to the actions of others — in matters as broad as national security and as simple as basic sustenance — it becomes vital to promote the benefits of good conduct to others. *The Way to Happiness* can offer profound help in that regard, clearly demonstrating why such things as fulfilling obligations, honouring one’s parents and safeguarding the environment all add up to a vastly improved life for the individual and society as a whole.

The easing of workplace tensions, the quieting of religious and racial intolerance, and the enhancement of personal self-respect and respect for others can all combine to make for a more productive and harmonious civilisation. The central theme of the book is solely a common-sense

appeal to one and all to *respect one another* and to *help each other find happiness*.

The book has a unique approach to teaching its moral lessons. In clear, non-judgmental language it proceeds from a basic desire in all people to help others achieve happiness. The introduction asks the reader to select someone whose actions influence their own lives and give them copies of the book — one to keep and others to pass on to people who, in turn, affect their well-being. Thus, it is geared not only to helping the reader improve his or her life, but also to improving the lives of the people around them.

As L. Ron Hubbard writes in the introduction:

“You are important to other people. You are listened to. You can influence others.

“The happiness or unhappiness of others you could name is important to you.

“Without too much trouble, using this book, you can help them survive and lead happier lives.

“While no one can guarantee that anyone else can be happy, their chances of survival and happiness can be improved. And with theirs, yours will be.

“*It is in your power to point the way to a less dangerous and happier life.*”

1. Take Care of Yourself
2. Be Temperate
3. Don’t Be Promiscuous
4. Love and Help Children
5. Honour and Help Your Parents
6. Set a Good Example
7. Seek to Live with the Truth
8. Do Not Murder
9. Don’t Do Anything Illegal
10. Support a Government Designed and Run for All the People
11. Do Not Harm a Person of Good Will
12. Safeguard and Improve Your Environment
13. Do Not Steal
14. Be Worthy of Trust
15. Fulfil Your Obligations
16. Be Industrious
17. Be Competent
18. Respect the Religious Beliefs of Others
19. Try Not to Do Things to Others that You Would Not Like Them to Do to You
20. Try to Treat Others As You Would Want Them to Treat You
21. Flourish and Prosper

# A grassroots campaign to restore values

## Quelling conflict, world over

“...The Way to Happiness [Foundation]\* has our cooperation to distribute the booklet *The Way to Happiness* in all levels of schools.

...“We request that all responsible members of educational institutions at all levels in Kosovo cooperate with this Foundation and help them in the realisation of their purposes.”

— Hajrullah Koliqi  
Former Minister  
of Education, Kosovo



In Europe, where so many different cultures must live together in close quarters, conflicts have flared time and again — some consuming the entire world. To ensure that such devastation and suffering never repeat, and above that, to bring a widespread peace built of mutual respect, people of many religious persuasions have together broadly advanced *The Way to Happiness* as

a secular means to provide hope that this land of social diversity can walk forward into a golden age.

What started as a grassroots movement to restore tolerance and decency in individual communities has, within the last decade, moved forward to encompass entire European nations. For example, in France, the book has been distributed to people throughout the country, spawning numerous

\*The Way to Happiness Foundation is a secular non-profit organisation dedicated to restoring trust and honesty the world over through the publication and widespread distribution of *The Way to Happiness*.

projects to clean up the environment and reduce violence.

And what began locally soon spread to faraway lands when one Paris family, inspired by *The Way to Happiness*, helped the people of Central Africa overcome a horrific mass genocide of a decade past by delivering seminars based on the book to thousands of Rwandans. Following these seminars, the family was inundated with requests for more information, and the immediate result was the emergence of *The Way to Happiness* groups springing up in community after community. A Rwandan journalist who took part in one of these seminars spoke on national radio about *The Way to Happiness*, lauding it as *the* book to bring love, peace and tolerance to Rwanda. To date, over 375,000 people in Central Africa have attended *The Way to Happiness* seminars or lectures.

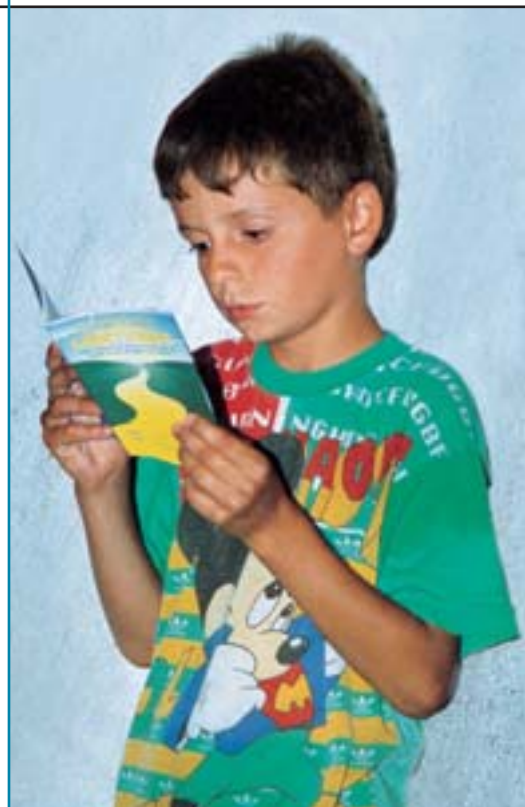
A historic European campaign that began in the mid-1990s brought Scientologists and other *The Way to Happiness* supporters to war-torn Bosnia and Herzegovina, a region consumed with racism and conflict for more than a hundred years.

Individuals and businesses worldwide contributed needed

funds to print copies of *The Way to Happiness* in several of the former Yugoslavian territory's diverse languages. The Way to Happiness Foundation\*, through these donations, was then able to support mass distribution of the book into the most turbulent areas. Helping to distribute it on the ground were local businessmen, community betterment groups and concerned citizens, as well as volunteers from neighbouring countries. Their reasons were simple enough: They recognised that their very survival was threatened by the flying bullets and continuing ethnic animosities throughout the Balkan states.

The people of these troubled provinces found in *The Way to Happiness* a practical solution to age-old problems. As one Kosovo resident said, "The correct path is contained in the small 'big' book, *The Way to Happiness*. From this booklet I am learning the correct way to act. The precepts are simple, but powerful, and bring me inner peace."

Others highlighted the broader social impact of the book. "As for me," one Kosovar said, "and for all the people of my country, *The Way to Happiness* is very much needed. I say this because of what we have



*For more than two decades, donations have enabled The Way to Happiness Foundation to support mass distribution of the book into the world's most turbulent areas, such as Kosovo, where students find practical solutions to life's conflicts in the 21 precepts of The Way to Happiness (above and facing page).*

To bring the hope of peace and sanity to an area at the brink of full-scale war, volunteers over the past few years have distributed more than two million copies of *The Way to Happiness* in the Middle East, primarily in Israel, the West Bank and Gaza Strip.

just gone through. And now we have *The Way to Happiness* in our lives.”

Another stated, “If people will apply *The Way to Happiness*, there will be no murder, no rape, no stealing, no treason, no contagious diseases, no AIDS. People will be rich with human values.”

Perhaps the strongest accolade comes from the leader of a humanitarian group in the area. “In the territory of former Yugoslavia, this booklet is needed more than food. If those who committed so many crimes in this area would have followed the message of this booklet, none of these terrible things would have happened.”

All told, throughout the mid-1990s, volunteers distributed more than 300,000 copies of *The Way to Happiness* in the Balkans. In 1999, the then Minister of Education of Kosovo officially endorsed *The Way to Happiness* with the following letter:

“...The Way to Happiness [Foundation] has our cooperation to distribute the booklet *The Way to Happiness* in all levels of schools.

“They may also distribute all materials which they may prepare in the future for the education of our students in all levels of education in Kosovo.

“We request that all responsible members of educational institutions at all levels in Kosovo cooperate with this Foundation and help them in the realisation of their purposes.”

Few regions are more in need of stability than the Middle East, where war, terrorism and conflict have ravaged societies for thousands of years. Although the

zone is not generally considered a part of Europe proper, it cannot be debated that the Middle East influences the lives of Europeans across the continent.

To bring the hope of peace and sanity to the area, volunteers over the past few years have distributed more than two million copies of *The Way to Happiness* in the Middle East, primarily in Israel, the West Bank and Gaza Strip. The Association for Prosperity and Security in the Middle East and the Association for Peace and Understanding in the Middle East — both non-governmental organisations composed of Muslims, Jews, Christians and Scientologists working together to end the violence in the area — organised distribution of the books to Israeli soldiers, Palestinian policemen, school children, government officials and many others. Inserted in newspapers, delivered to mailboxes and directly hand-distributed to Israeli and Palestinian civilians and soldiers by volunteers, the books have begun to change the mood of the area.

Response to an initial distribution of 700,000 copies was so favourable, and the area so in need of beneficial change, that efforts were doubled to bring the book, and the prospects of lasting change, to the region. Donations have since poured in from people around the world to help in the dissemination of *The Way to Happiness*. More than a million additional copies for the Middle East thus followed — over a half-million in Hebrew, over a half-million in Arabic and 100,000 in

Youth in Israel make *The Way to Happiness* available in shops, on the streets, on campus and in shopping centres (below).



“[*The Way to Happiness*] made me honest with myself and others. It also taught me how to deal with others.”

— Rania, a Palestinian

“Through this booklet, we will learn to love, to give respect, to really live, to protect the environment and to do good things for personal integrity.”

— Zehaba, an Israeli

Russian, earmarked for the large number of Russian immigrants living in Israel.

While prospects for peace and actual co-existence amongst the cultures of the Holy Land may appear from news reports to be two worlds apart, public opinion polls validate that, as the books are distributed, public support for peace builds among both Israelis and Palestinians. Today, with *The Way*

*to Happiness* reaching better than half of the households in the troubled region, more than three-quarters of the populace support taking the first and hardest step towards a lasting peace: mutual cessation of violence.

Daily as a result, the Association for Prosperity and Security in the Middle East receives grateful phone calls and letters from those who have read the book.

A government official who lives and works in Gaza said, “This booklet contains rules that everyone should follow and be committed to in his everyday life. Without these rules, earth would be lost. Man finds himself engaged in wars, insanity, bloodshed, lost values and chaos that takes over. I was really moved when I discovered that *The Way to Happiness* exists. I felt that at last there is a hope for attaining



Joan Lonstein (below, left), founder of the Association for Peace and Understanding in the Middle East, has teamed up with Zeinab Habash (right) of the Palestinian Ministry of Education and like-minded Israeli and Palestinian humanitarians to make *The Way to Happiness* available through newspapers (left) and other media.

“Your humanitarian efforts in improving life are well known to many all over the world. Now they have also become well known to many Palestinians. With the support of this Foundation, 1.8 million copies of *The Way to Happiness* were distributed in Palestine and Israel. While we still have so far yet to go, it is making a big difference. For the first time in my life, I saw many Israeli Jews, young and old, men and women, who risked their own lives to support, help and protect Palestinians.”

— Zeinab Habash  
General Secretary  
Ministry of Education and  
Higher Education, Palestine



happiness in society. This booklet will be accepted very well among readers and will astonish them with its principles.”

Another wrote, “It is important and possible to behave as human beings in every situation we find ourselves in, and this is what the booklet makes clear with every page. I always considered myself different from other people, as far as the principles I live by go, and suddenly I found good people

nearby who think as I do.”

A seventeen-year-old from Jerusalem said, “I simply loved and was amazed by the way of life presented in *The Way to Happiness*. I am very interested in volunteering and promoting the message in the booklet. Despite my young age, I am ready to meet any target set. I would like other people to practice *The Way to Happiness* way of life.”

Dignitaries on both sides have taken note; witness the remarks of

*How can this little book calm the raging sea? From the thousands of responses to *The Way to Happiness in the Holy Land*, it is clear that Palestinians and Israelis have found the answer.*



these influential supporters of *The Way to Happiness*, made at the opening of *The Way to Happiness* Foundation International headquarters in October 2003:

“As a newspaper publisher and a businessman, I know that our economic prosperity depends on peace, security and stability for all peoples, Arabs and Israelis. *The Way to Happiness* has shown me a way to achieve these goals.

“When I first read the book, I felt that I got something that was missing in my life. At that time I decided to give as a gift to my readers, the gift I got from Mr. Hubbard, and we put a copy of *The Way to Happiness* booklet in the newspaper to all of my readers.... We in the Middle East are sitting on the top of the biggest gunpowder barrel in the world and it threatens to explode any minute.

“It has been proven that no army can solve the problem. It does not matter how strong or what kind of weapons they have. Together, we can solve the problem.”

— Shuki Mizrahi,  
Air Force major (retired)  
and publisher  
Israel

“Your humanitarian efforts in improving life are well known to

many all over the world. Now they have also become well known to many Palestinians. With the support of this Foundation, 1.8 million copies of *The Way to Happiness* were distributed in Palestine and Israel. While we still have so far yet to go, it is making a big difference. For the first time in my life, I saw many Israeli Jews, young and old, men and women, who risked their own lives to support, help and protect Palestinians.

“I am sure that *The Way to Happiness* can play the role of rehabilitating both peoples. That is why I am very proud that the Ministry’s Committee on Improving Education has directed all school counsellors to teach the Palestinian children using *The Way to Happiness*. I promise my support in bringing this wonderful booklet to every man, woman and child in every land.”

— Zeinab Habash,  
General Secretary,  
Ministry of Education and  
Higher Education  
Palestine

True to this promise and despite mounting tensions at the brink, volunteers have been resolute, continuing to place *The Way to Happiness* in schools throughout Israeli and Palestinian regions, bringing the book to both Jewish

“I will use all the booklet, particularly Chapter 20.... I have to learn to treat others in the same manner I would like them to treat me... kindly, generously and in a noble way... every person can be capable of a new beginning.”

— Neama of  
Gush Etzion, Israel

“With *The Way to Happiness*, there is still hope of bringing happiness to communities.... We needed a book like this a long time ago.”

— Palestinian police academy commander



"Over the past year, I have developed a working partnership with a local nonprofit group that is doing something to improve our community.

"During this time, I have seen what they have done to change the community and have been impressed with their diligence and hard work. The project, based on the book *The Way to Happiness, A Common Sense Guide to Better Living*, has positively impacted several areas of my division. In these key areas, I have seen the project contribute to a decrease in crime, as well as result in positive improvement among members of the community. In one particular area, there was a decrease in crime by over 30% in a six-month period. This group is an outstanding example of an organisation contributing to their community and working to make a difference.

"Anything we can do to raise the ethical stature of the community and build community confidence and spirit will pay dividends in terms of quality of life...."

— Captain Michael Downing  
Los Angeles Police Department



more in Kefar Kana, near Nazareth, El Najah and other Arab schools near Jerusalem, as well as delivering lectures in Golan Heights and Galilee. Fifteen Israeli schools have now adopted *The Way to Happiness* as their code of conduct, instilling values of peace for the new generation in the Middle East.

Peace and public order were also the goals in South Africa in 1993, where, at the request of the police, volunteers distributed 800,000 copies of *The Way to Happiness* in townships just before the first post-apartheid elections to help calm tensions.

Chechnya's battlefields have also seen the book's effects. A Russian army major stationed there decided to bring the hope of peace to his region by handing out copies of *The Way to Happiness* to Chechnyan soldiers. Afterwards, he wrote in a letter: "When I read this book I understood that it really is the way that leads to a happy life, to love and respect between people... therefore I decided that soldiers need to know this book. When I gave it to people and explained why... they became good-willed towards me and some even became friends."

and Arab classrooms. And beyond that, posters featuring *The Way to Happiness* precepts have been posted in schools, lectures on how to use the code in one's daily life have been delivered to students in Rahat, and the Palestinian General Secretary for the Ministry of Education and Higher Education has distributed some 18,000 copies of the book.

Middle Eastern volunteers also conducted workshops for hundreds



*The Way to Happiness is pivotal in restoring personal relationships, which it has effectively done for people in 96 countries, and in helping to establish peace in troubled areas, such as South Africa.*



Then there were the inner-city battlegrounds of Los Angeles, where in 1992, rioters set city blocks aflame for miles. Looting and sporadic gunfire gripped hundreds of thousands in fear, yet volunteers ventured into the streets, distributing more than one million copies. Immediate, observable and very positive change resulted. Hard core gang members even joined forces to voluntarily remove graffiti from 130 buildings in their neighbourhoods in

the wake of the unrest — while themselves passing out hundreds of copies of the book to neighbours.

Ten years later in Hollywood, *The Way to Happiness* supporters again took the initiative of addressing the condition of gang-ridden neighbourhoods, this time in coordination with the Los Angeles Police Department. Launching a clean-up campaign, children and adults removed bottles, cans, car parts, mattresses and other debris

from the area — and handed out no less than 16,000 copies of *The Way to Happiness* to neighbourhood residents and businesses. And with a hundred banners displaying the book's precepts from the lampposts of Hollywood streets, *The Way to Happiness'* message spread through the community. The result far exceeded police expectations: Not only did the environment improve, violent crime dropped 30 percent over a period of six months.



**“The Philippine National Red Cross introduced *The Way to Happiness* as a part of their humanitarian mandate. The results have been tangible and significant. These programmes now use *The Way to Happiness* in all Philippine Red Cross learning centres. Not only are we seeing a mutual respect and a newfound interest in education, but street fighting has become almost non-existent wherever the book and its precepts are used.”**

— Gregory Smith  
Red Cross executive,  
United States

### **Effective campaigns for peace and tolerance**

Introduced to *The Way to Happiness* by major performing artist and Scientologist David Pomeranz, whose fame in the Philippines has made him a singing idol, the Red Cross in that nation embarked upon a project to establish learning centres for the “street children” where *The Way to Happiness* precepts make up the curriculum and children can learn in virtual safe havens.

After establishing five learning centres, building “The Way to Happiness Playground,” and forming a team of health educators, the Red Cross has now taken the next step — publishing tens of thousands of their own customised editions of the book.

Gregory Smith, a Red Cross executive, reported, “The Philippine National Red Cross introduced *The Way to Happiness* as a part of their humanitarian mandate. The results have been tangible and significant. These programmes now use *The Way to Happiness* in all Philippine Red

Cross learning centres. Not only are we seeing a mutual respect and a newfound interest in education, but street fighting has become almost non-existent wherever the book and its precepts are used.”

In Russia, within five years of that country’s first printing of the Russian-translated book, more than 13 million copies had been distributed nationwide, its text also reprinted in one of the most popular Russian newspapers, *Argumenty i Fakty* (*Arguments and Facts*).

Said one reader who wrote to The Way to Happiness Foundation’s Moscow offices, “I have read lots of literature about the harmful effects of alcohol and various indulgences, and now I have *The Way to Happiness* booklet by L. Ron Hubbard. I have been reading it just about every day and as a result I no longer smoke or drink, and my relationships with my wife and four kids totally changed. This book will save our long-suffering people from the trouble that is hanging about us.”



"The messages in [The Way to Happiness] are even more important to us, citizens of the former USSR, due to the very difficult period of our life that we are experiencing now. Your book gives us hope for a better future."

— Former finance chief  
State Academic Mariinsky Theatre  
St. Petersburg



The former finance chief of the State Academic Mariinsky Theatre in St. Petersburg, Russia also wrote to the Foundation, stating, "Thank you from the bottom of my heart for a wonderful book, *The Way to Happiness*.... All my friends and I looked over it and read it over and

over again with great pleasure.... The messages in the publication are even more important to us, citizens of the former USSR, due to the very difficult period of our life that we are experiencing now. Your book gives us hope for a better future."

*In the Philippines, it was the Red Cross that first saw the book's potential for changing lives; in Russia, it was the new democracy's military.*

*To access The Way to Happiness online in 57 languages — and refer others to these multi-lingual online versions — visit [twth.org/international\\_peace-lang.html](http://twth.org/international_peace-lang.html)*

# Reducing crime and violence

## Common-sense solutions to society's problems

"My nation needs this moral code more than ever.... It shows offenders how to live in harmony with fellow human beings. The success stories we receive every week from inmates speak volumes of the effects of this programme. It has actually created role models who we are proud to have speaking in public platforms on their success. Yet what speaks louder is this: Not one of those who have done *The Way to Happiness* programme and been released from prison has since returned."

— Alfred Tsetsane  
National Deputy Commissioner,  
Correctional Services,  
Republic of South Africa



**A**nother key aspect of *The Way to Happiness*' success lies in the arena of criminal rehabilitation. If you can help an individual see how moral conduct will improve his survival, then you better his chances of improving his own behaviour *by his own free will*.

It is the single most effective way to produce lasting change.

With inmates in more than 2,000 prisons around the world studying the book on any given day, hardened criminals are routinely reformed through a rehabilitation programme known as Criminon, which uses *The Way to*



*Happiness* as the heart of its curriculum.

*The Way to Happiness* programmes have been implemented in some of the worst prisons in the world. Witness a Mexican state prison, where 80 percent of the offenders were heavy drug users and the recidivism rate

was 70 percent. After the implementation of *The Way to Happiness*, recidivism fell to 10 percent at the facility.

Similar results were achieved in South Africa, where recidivism in maximum security prisons fell to an astonishing zero. The success of the programme "has been remarkable,"

*Thanks to the pioneering work of social reformer Greg Capazorio (above, lower right), thousands of South African inmates have turned away from lives of crime and self-destruction through the Criminon programme. Says Capazorio, now Criminon's president, The Way to Happiness is "key to success in restoring personal integrity and self-esteem."*

*The Way to Happiness* programme was implemented in a Mexican state prison, where 80 percent of the offenders were heavy drug users and the recidivism rate was 70 percent. The result: Recidivism fell to 10 percent at the facility.

writes a Pretoria chief magistrate with jurisdiction over 39 judges and 55 courts, "[T]he workload of the juvenile court has dropped from 30 cases per month to just two, the rest were successfully diverted away from the criminal justice system."

Accompanying the judge's accolades is a letter to Criminon signed by the Minister of Justice of South Africa, which cites the enormous impact that Criminon plays in rehabilitation: "[T]his programme is so important to us — and the world — that we've brought it to the direct attention of the United Nations so that every courthouse in the world may benefit."

In the USA, a local businessman, along with the mayor of Harlingen, Texas, conducted a citywide "Set a Good Example Contest," where school-age children did projects based on *The Way to Happiness* to improve the community. As part of the campaign, every family in the city of 60,000 received copies of the

book and instructions on how to participate.

Subsequently, the local Police Department's 1998 annual report showed crime had fallen in almost every major category, and no murders had occurred in the city for an entire year. Though the local police force was at a loss to understand how it happened, their chief could only suggest that changing values in the homes and streets had contributed to the decrease — exactly the objective of *The Way to Happiness*.

Through these grassroots campaigns and more, *The Way to Happiness* has helped tens of millions of people face the challenges of daily living by offering common-sense solutions for common problems. The guidelines in *The Way to Happiness* give an individual a road map to follow toward a happier and safer life. It is unique in that it strips away the false ideas some may have about why "it is okay" to be immoral — and it makes clear why honest

*This Mexican prison course room (below) has seen as many as 500 inmates at one time participating in the Criminon programme, which incorporates L. Ron Hubbard's drug rehabilitation and criminal reform breakthroughs and includes the application of The Way to Happiness precepts. Among its most ardent supporters are corrections officials, as well as area law enforcement officers.*



“This fascinating book deals with the basic ethical values of human civilisation, which often seem to be waning more and more. All the more it is most important to teach values to children and adults in order to ensure that our private and official life will continue to be based on solid fundamentals of morality and ethics.”

— Dr. Klaus Proßdorf  
former manager  
German Hospital Association  
(in a letter to The Way to  
Happiness Foundation)

conduct actually leads to better survival and a more joyous existence. Here is common sense, cast in a code that can be followed and kept. And like a ripple on a water's surface, the benefits and

changes produced and experienced by those who read and use the book spread far and wide, out into the community, bringing peace and calm, dignity and respect — and ultimately a higher quality of life.

# Community leaders speak out about *The Way to Happiness*

Throughout the world, *The Way to Happiness* has been acknowledged for re-introducing concepts of morality into society, as the following small sample of accolades received illustrates.

The goals, and the patterns, and the methods of *The Way to Happiness* seem to me to be about as dramatic a response to the prayers of the forefathers as could possibly be contrived.... Methodic faceted ways to improve the moral, the physical, the intellectual aspects of the culture in which we live."

— Alex Haley  
Author of *Roots*

After reading *The Way to Happiness* I have to say that the observation of proposed conduct and attitude to life and the world around us coincides with the laws of the Islamic religion and way of life to a large extent. Following these principles the world we find ourselves in should change for the better."

— S.S.  
Islamic Centre and Mosque  
London, England

After all that we have been through, I see *The Way to Happiness* as a way of hope for a better future for everyone. This book is valuable for cities in difficulty and especially for those areas which are destroyed totally, and where people are suffering the losses of war. If all of us had had a chance to read this book before,

maybe this would not have happened. I also do not know if we would have been allowed to read this book under the former government. I do not even know if I would have been allowed to apply some of the precepts. Now, with our newly won freedom, we have the chance to read this book and create a new country."

— Dr. Valton Beqiri  
Dean of Faculty of  
Music Sciences  
Prishtine, Kosovo

As a pastoral counsellor I am in contact with lots of people. My main interest is improving their 'life quality' ... that [requires] a humanistic ethic which is greatly described in this booklet."

— W.L.  
Pastoral Assistant  
Catholic Rectory  
Zurich, Switzerland

*The Way to Happiness* is a useful and valuable guide to better living. I sincerely hope that it will contribute to increasing tolerance, trust and understanding in society."

— R.U.  
former Minister of  
Foreign Trade  
Belgium

God bless you and *The Way to Happiness* Foundation. In the environment that I and my fellow Macedonians are surrounded with — war in our next-door neighbourhood — a gift like this luxurious book is a feeling indeed like getting a gift from the heavens.

Because in this book there is so much humanity, love, compassion, and above all wisdom accumulated for centuries back, that one can revive from loneliness, sadness, hatred and worst of all, death. I read your book for one night, literally in one breath and I felt a richer and happier person."

— Martin Trenevski,  
former Minister of Information  
Republic of Macedonia

I have received the wonderful book *The Way to Happiness*. While reading it I found it [to be] one of the most moving and touching ways to speak about life and the horrible senselessness of war. My suggestion would be to print as many copies of the book as possible in all languages and distribute it to groups of people all over the world."

— Eduard Kukan  
former United Nations  
Ambassador  
Slovakia  
in a letter to *The Way to  
Happiness* Foundation

Booklet to straighten out our society. I am enthusiastic about this booklet and would like to give each member of the board of our association two copies."

— W.G.  
Samaritan Association  
Brienz, Switzerland

This little book is a moral and ethical miracle that we will drop in the middle of our society hoping

that its message is transmitted to all social layers and every corner of our homeland. It is not a religious or political message but it is a universal message. In all parts of our country we find passions, selfishness and ambitions tending to take us away from *The Way to Happiness*. If Colombia applies the teachings of this book, it will become another peaceful, honest and respectful country.”

— Hector Olivia  
former Minister of Interior  
Republic of Colombia

**D**ue to The Way to Happiness Foundation Russia, we had a chance to find and read this book. We consider that distribution of this work is not only a charitable action, but it can also be an applicable campaign that will serve the principles of goodness, truth, moral and social stability. The words, the sense of the book, is in a very simple and convenient form for the reader so children or adults can read it. We are glad to support The Way to Happiness Foundation Russia and help in your actions wherever it is possible.”

— L.V.N.  
Director  
House of Friendship  
Moscow

**S**ome time ago I happened to read *The Way to Happiness*, published by your Foundation. This booklet pleased me very much for different reasons. I was really impressed to learn that the way to better living may be stated as a

practical guide to man’s everyday activity. Moreover, it is stated in such a brilliant simple way that it is almost impossible not to be convinced by many statements and not to [recognise such] great advice from its author. I am not a young man and know for sure it is a very difficult thing to speak in a simple and uncomplicated way about the truths that had been discussed many times and by many wise people. I think this thin yellow-blue booklet is worth many large philosophical books.”

— V. C.  
Professor of Philology  
University of Vilnius, Lithuania

**W**e appreciate your initiative in sharing with us *The Way to Happiness* booklets during your visit to our programme. Precepts of the booklet were [used] in making our learning curriculum on values. We find the common-sense values are just what these children need to learn ....”

— Edgar Mejia  
Philippine National  
Red Cross

**I**nspired by the precepts of *The Way to Happiness*, you have taken the initiative to clean up the litter left along the Reuss River. It is very uplifting that some adults and children have taken the initiative to keep our environment clean, and I want to thank you very much for this activity.”

— K.L.  
Community Administrator  
Buchrain, Switzerland

“Thank you very much for your guide *The Way to Happiness*. I agree with you that with tolerance, trust and understanding any true relationship between people is possible.

“Let’s hope that this valuable guide [helps] all men all over the world to be, to feel, to think and to act better. When this aim [is] accomplished our world [will have] a chance to be free from hate and war.”

— Dr. Radu Comsa  
former Romanian  
Ambassador to Germany  
(in a letter to The Way to  
Happiness Foundation)

# L. Ron Hubbard

## The author

*The Way to Happiness, a common-sense guide to happier living, was Mr. Hubbard's solution to halting the moral decay of modern society. The first work of its kind based wholly on common sense, its appeal lies in its simplicity and its results.*

As the founder of Dianetics and Scientology, L. Ron Hubbard could easily be described as one of the most influential men of our time. The full body of his life's work comprises tens of millions of published words in volumes of books and over 3,000 recorded lectures.

His discoveries in the field of education are presently at work in scores of countries, and credited with providing the gift of literacy to more than three million children. His methods of drug rehabilitation have freed hundreds of thousands from the harmful effects of drugs, while the administrative technology he developed and codified is currently utilised by thousands of organisations around the world.

*The Way to Happiness, Mr. Hubbard's solution to halting the moral*

decay of modern society, is rapidly spreading around the world, whether passed out by hand on city streets or by local businesses and banks.

The demand for a moral resurgence in our daily lives is heard every day from every city and nation. *The Way to Happiness* is not only meeting that demand, it has clearly charted a course toward greater tolerance, peace and mutual trust, providing an effective tool for accomplishing these goals.

In describing the potential of this simple but remarkably effective book to all those who would use it, Mr. Hubbard said, "While no one can guarantee that anyone else can be happy, their chances of survival and happiness can be improved.... *It is in your power to point the way to a less dangerous and happier life.*"



“Across the planet, old social values have been broken. New moral values have not replaced them....

“If people were put in communication with one another and could give each other a way to happiness, yes, the world would change. Think what would occur if people became decent to one another again!”

— L. Ron Hubbard

# Discover the facts

## Informational brochure series about the Scientology religion and its activities

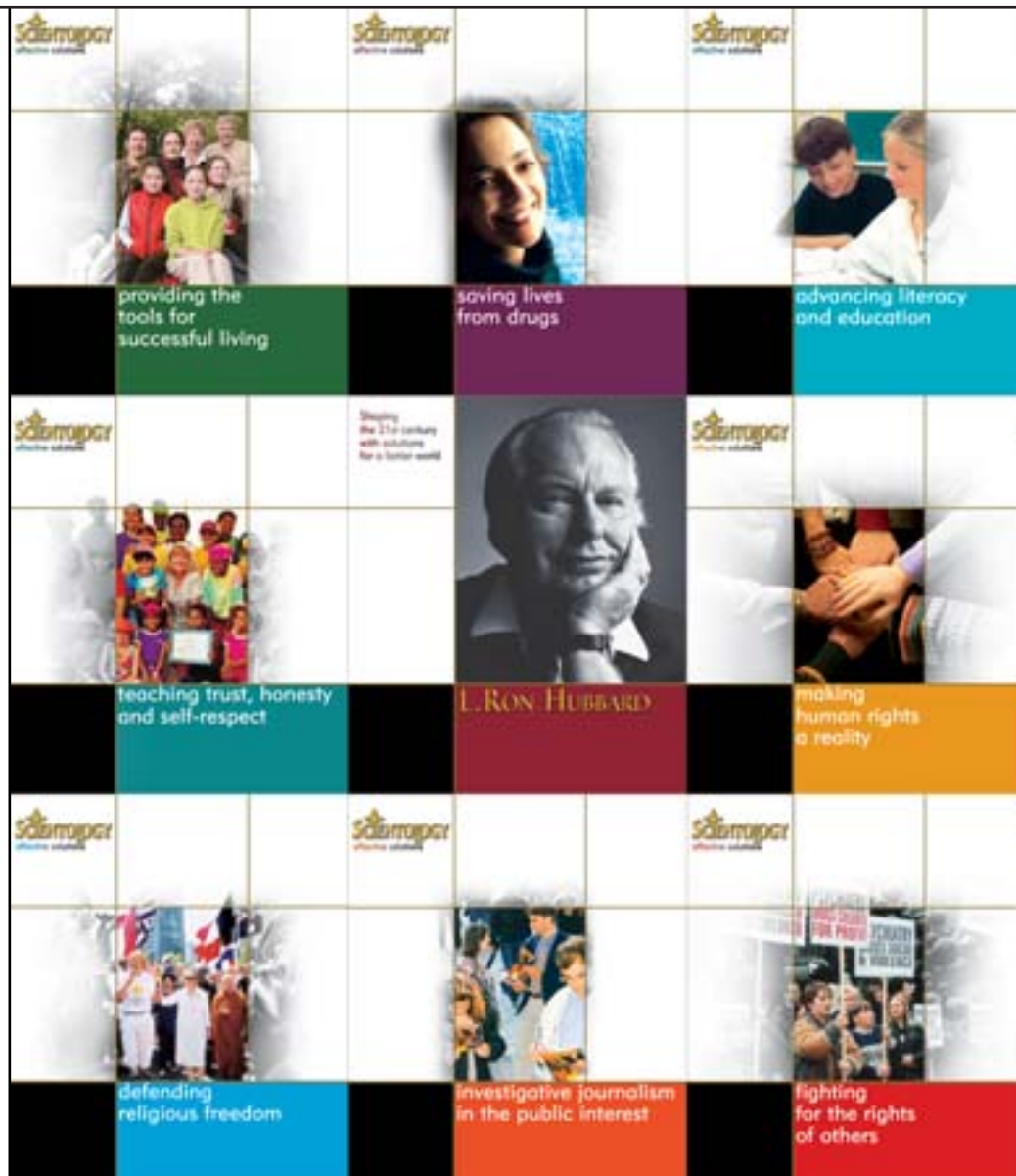
This is the fifth in a series of publications on the Scientology religion and its parishioners' activities. Twelve in all, these brochures are being widely distributed, one each month, throughout the year.

Published by the Church of Scientology International, this publication is intended to answer the growing public demand for more information about the secular social betterment programmes supported and advanced by Churches of Scientology and individual Scientologists who contribute their time and talents.

In particular, here are presented the results of wide-reaching social betterment and reform activities that are based on the technologies developed by L. Ron Hubbard. In the hands of Scientologists and others, these effective solutions are bettering conditions across the continent.

We trust the information will be of interest — and use.

— Church of Scientology International



# For more information

To obtain more copies of this booklet or to receive other booklets in the series, contact:

**Public Affairs Director**  
**Church of Scientology International**  
**European Office for Public Affairs and Human Rights**  
Rue de la Loi 91  
1040 Brussels, Belgium  
phone: + 32 2231 1596  
fax: + 32 2280 1540  
email: [csiofficedir@scientology-europe.org](mailto:csiofficedir@scientology-europe.org)

- January 2004:**  
*Providing Tools for Successful Living*
- February 2004:**  
*Saving Lives from Drugs*
- March 2004:**  
*Advancing Literacy and Education*
- April 2004:**  
*Bringing Effective Help to the Community*
- May 2004:**  
*Teaching Trust, Honesty and Self-Respect*
- June 2004:**  
*L. Ron Hubbard: Shaping the 21st Century with Solutions for a Better World*
- July 2004:**  
*Making Human Rights a Reality*
- August 2004:**  
*Protecting the Public's Right to Know*
- September 2004:**  
*Defending Religious Freedom*
- October 2004:**  
*Investigative Journalism in the Public Interest*
- November 2004:**  
*Fighting for the Rights of Others*
- December 2004:**  
*The Church of Scientology — Looking Ahead*

To download copies of this or upcoming brochures from the Internet, as they are published throughout the year, please visit: [www.moral-values.org](http://www.moral-values.org)

Or contact the Director of Public Affairs at these locations:

## EUROPE

Church of Scientology Europe  
Store Kongensgade 55  
1264 Copenhagen K, Denmark

Scientology Kerk  
Amsterdam  
Nieuwezijds Voorburgwal  
116-118  
1012 SH Amsterdam,  
Netherlands

Dianetics & Scientology Centre  
Patision 200  
11256 Athens, Greece

Church of Scientology  
of Budapest  
Leonardo da Vinci U. 8-14,  
1082 Budapest, Hungary

Church of Scientology Religious  
Education College, Inc.  
Saint Hill Manor  
East Grinstead, West Sussex  
England, RH19 4JY

Asociación Civil de Dianética  
Iglesia de Cienciología  
C/ Montera 20 1º Dcha.  
28013 Madrid, V  
Spain

Chiesa Nazionale  
di Scientology d'Italia  
Via Cadorna 61  
20090 Vimodrone  
Milano, Italy

Church of Scientology  
of Moscow  
Hubbard Humanitarian Center  
Borisa Galushkina St. 19A  
129301 Moscow, Russia

Scientology Kirche  
Deutschland e.V.  
Beichstraße 12  
80802 Munich, Germany

Scientologikirken Oslo  
Storgata 17  
0184 Oslo, Norway

Association Spirituelle  
de l'Église de Scientology  
d'Île-de-France  
7, Rue Jules César  
75012 Paris, France

Scientologi Kyrkan  
Reimersholmsgatan 9  
S-117 40 Stockholm,  
Sweden

Scientology Kirche Österreich  
Capistrangasse 4  
1070 Vienna, Austria

Scientology Kirche  
Freilagerstrasse 11  
8047 Zürich, Switzerland

## AUSTRALIA, NEW ZEALAND AND OCEANIA

Church of Scientology of Sydney  
201 Castlereagh Street  
Sydney, New South Wales  
Australia 2000

## NORTH AMERICA CANADA

Church of Scientology of Toronto  
696 Yonge Street  
Toronto, Ontario  
M4Y 2A7 Canada

## UNITED STATES

Founding Church of Scientology  
of Washington, D.C.  
1701 20th Street N.W.  
Washington, D.C. 20009

## LATIN AMERICA

Federación Mexicana de  
Dianética Calle Puebla #31  
Colonia Roma, México, D.F.  
C.P. 06700, México

## SOUTH AFRICA

Church of Scientology  
of South Africa  
6th Floor Budget House  
130 Main Street  
Johannesburg 2001



“IN ALL TIMES AND  
MOST PLACES, MANKIND  
HAS LOOKED UP TO AND  
REVERED CERTAIN  
VALUES... THEY HAVE MADE  
THE DIFFERENCE  
BETWEEN A BARBARIAN  
AND A CULTURED PERSON,  
THE DIFFERENCE  
BETWEEN CHAOS AND A  
DECENT SOCIETY.”

— L. RON HUBBARD