

Edward de Bono

The internationally bestselling author of
Lateral Thinking and *Six Thinking Hats*

A NEW RELIGION?

H +
(PLUS)

**HOW TO LIVE YOUR LIFE POSITIVELY THROUGH
HAPPINESS HUMOUR HELP HOPE HEALTH**



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In praise of Edward de Bono

'Edward doesn't just think. He is a one-man global industry, whose work is gospel in government, universities, schools, corporates and even prisons all over the world' *Times 2*

'The master of creative thinking' *Independent on Sunday*

'Edward de Bono is a cult figure in developing tricks to sharpen the mind' *The Times*

'Edward de Bono is a toolmaker, his tools have been fashioned for thinking, to make more of the mind' *Peter Gabriel*

'de Bono's work may be the best thing going in the world today' *George Gallup, originator of the Gallup Poll*

'The guru of clear thinking' *Marketing Week*





A NEW RELIGION?

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(PLUS)

How to live your life positively through
Happiness, Humour, Help, Hope and Health

for Dr. Mahathir

Edward de Bono

with best wishes,

Edward de Bono

Vermilion
LONDON

25.6.09



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H+

Human+

Happiness+

Humour+

Help+

Hope+

Health+





Is H+ a religion?

... Maybe.



**Is H+ different from
other religions?**

... Maybe.



**Is 'maybe' a good
enough basis?**

... Maybe.



**Most religions focus
on the ultimate 'truth'.**

**There seem to be
different versions of this.**

Maybe 'maybe' is also useful.



BELIEF

Many religions have a belief in the supernatural. This may be a belief in God or in supernatural forces. Some ask for a belief in many gods.

In H+ there is only a belief in the potential of yourself and in the potential of your fellow human beings. H+ sets a framework for the development of this potential. You believe that you can act in a certain way or that you will eventually be able to act in this way.

H+ (PLUS) A NEW RELIGION?

COMPATIBLE

H+ is a way of life that is fully compatible with any other religion or framework: Christianity, Islam, Judaism, Hinduism, etc.

H+ does not impinge upon or compete with other belief systems.

You can keep all the beliefs and values of those other religions and simply add H+ to them.

H+ provides an 'action framework'. Although action frameworks are implicit in many religions, they are not as explicit as in H+, which is based on action.

H+ (PLUS) A NEW RELIGION?

This action framework can be added to any existing religion or belief system since there is no contradiction at all.

DIFFERENT

Most religions focus on avoiding sins and wrongdoing. With H+ the emphasis is entirely on positive action. You have to contribute and make a difference. Being free of sin is not enough. The emphasis is on action and involvement with the world. Many religions suggest detachment from the world and the peace of tranquillity. With H+ there is action and achievement. Your self-worth arises from your achievements, not from meditation.

There is no intrinsic belief system in H+ except the belief in yourself – not necessarily as you are but as you can be. At the same time any belief system belonging to any other religion is fully acceptable. This is unlike most religions, that do not tolerate other belief systems.

A WAY OF LIFE

H+ is a religion in the sense that Buddhism is a religion.

H+ is a way of life.

**Maybe we should invent a new term of 'woligion' to cover
'a way of life religion'.**

‘Edward de Bono is a cult figure in developing tricks to sharpen the mind.’

The Times

Edward de Bono has revolutionised the way we think.
And now he’s about to change the way we live our lives...

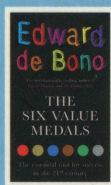
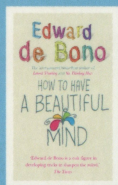
In this groundbreaking, thought-provoking book,
Edward de Bono offers us a new way of living
based on an entirely positive way of life.

In *H+ (Plus)* he provides a framework for happiness
through daily acts of help or contribution.

Whether this is offering other people something
to laugh at or helping an elderly person cross the road,
these altruistic acts lead to a sense of achievement,
and from achievement comes self-esteem
and a belief in oneself.

Discover the secret to leading a fuller,
happier, healthier, more positive way of life.

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