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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
November 2005
Sent only to subscribers

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In this month's Clear Thinking...

- 1: Top Tip: Think negatively and exercise more!
- 2: Myth Buster: Antidepressants proven effective
- 3: Random Element: Competition

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Hi!

Just a quick intro this month.

Jill and Mark from Uncommon Knowledge will be appearing on Sky One this month in a program called 'Angry Britain'. Both Uncommon Knowledgers were filmed treating clients for road rage, with excellent results. In the UK, the program will be shown on Monday 22nd November at 10pm, and repeated a week later.

Hope you manage to catch it!

Enjoy Clear Thinking,

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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1: Top Tip: 'Negative' motivation works better for exercise

IN A RECENT ISSUE, we gave you a tip about using your own personal reward card to motivate yourself to exercise.

Now it turns out there is another good way to get yourself back on the treadmill...

In a recent study, imagining the benefits of exercising was compared to thinking about the regret participants would feel at failing to exercise.

A questionnaire later showed those who used the regret approach as being more likely to exercise.

So a combination of carrot and stick may well do the trick!

:: :: :: :: :: Advertisement :: :: :: :: :: ::

*** 9 New Downloads at HypnosisDownloads.com! ***

New downloads just added include 'Best Man's Speech', 'Approaching Women' and 'Chocolate Addiction'.

See them all now...

<http://www.hypnosisdownloads.com/go/9new>

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2: Myth Buster: Antidepressants proven effective

Judging by the confidence with which they are prescribed and promoted, you would think that anti-depressants had been proven effective beyond all reasonable doubt. The jury is still well and truly out however...

<http://www.uncommon-knowledge.co.uk/go/anti>

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3: Competition - Win 'Wise-Up'!

ANSWERS as usual by post or email to:
mailto:competition@uncommon-knowledge.co.uk

Remember to include your postal address in case you win! Here's the question:

Which of the following brain structures is most involved in the formation of long-term memory?

- A) Corpus callosum
- B) Amygdala
- C) Hippocampus

The first three correct answers drawn on January 1st will win a copy of last issue's top book 'Wise-Up'. (see review at:
<http://www.uncommon-knowledge.co.uk/go/wise>)

Last competition's question was:
In Sparta, were you more likely to be accorded high status if you were A) A hairdresser B) Bisexual C) A mathematician The answer was: B) Books are on their way to the 3 lucky winners!

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That's all for this month <[\$FirstName\$]:ELSE:[]>- we hope you enjoyed it and we'll see you next month!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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More from Uncommon Knowledge...

<http://www.hypnosisdownloads.com/>

<http://www.self-confidence.co.uk/>

<http://www.panic-attacks.co.uk/>

<http://www.clinical-depression.co.uk/>

<http://www.uncommon-knowledge.co.uk/>

<http://www.uncommonforum.com/>

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