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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
February 2004
Sent only to subscribers

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In this month's Clear Thinking...

- 1: Competition
- 2: Myth Buster: Drugs are good for you! (Video)
- 3: The Random Element: Mind Sculpture Book Review

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Hi all

Firstly, apologies for the late newsletter. Uncommon Knowledge is moving premises shortly and we're all rather busy!

The good news is that once we have moved, we should be able to serve you even more efficiently, so I hope you will bear with us. :-)

Enjoy this month's Clear Thinking... the video makes compelling watching!

Best Wishes

Roger Elliott & Mark Tyrrell

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- 1: Competition: Win 'Mind Sculpture'

ANSWERS to: competition@uncommon-knowledge.co.uk and remember to include your postal address in case you win! Here's the question:

As you get older, are you more or less likely to forget an appointment?

- A) More likely
- B) Less likely
- C) Just the same

(You'll find the answer in the review of Mind Sculpture below.)

The first three correct answers drawn on April 1st will win a copy of Mind Sculpture.

The correct answer to October's question was A) Psychology General and the 3 lucky winners of 'When Living Hurts' are: Simon Bailey, Doncaster, UK, Chris Gardiner, Scotland, UK and Rodrick W. Cass, Texas, USA.

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2: Myth Buster: Video of anti-depressant withdrawal interview

New on Clinical-Depression.co.uk is an hour-long interview with Malcolm Hulatt who helped his wife escape the terrible side effects she was experiencing from the anti-depressant Venlafaxine.

Malcolm, who has also written a section of the website on how to manage withdrawal, paints a powerful and moving picture of the couple's struggle to beat the drugs.

You can view the video here:

http://www.clinical-depression.co.uk/anti_depressants/withdrawal/video.html

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3: The Random Element - Book Review

- Mind Sculpture
Unleashing Your Brain's Potential

"I once saw Ian Robertson, the author of Mind Sculpture, speak at a lecture in London. Although he was generally entertaining and engaging, what stood out was his premise that the brain is comparable to a muscle that can be developed throughout your life."

Read the complete review here:
<http://www.uncommon-knowledge.co.uk/go/mind>

That's all for this month folks! If you feel like discussing anything you have read here, come on over to the forums:
<http://www.uncommonforum.com/>

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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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Comments, errors or garbled email?
<mailto:clearthinking@uncommon-knowledge.co.uk>

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Published by Uncommon Knowledge Ltd,
79 Hollingbury Road, Brighton, UK BN1 7JB
Tel: +44 (0)1273 557799
email: <mailto:info@uncommon-knowledge.co.uk>

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