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## CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

May 2005

Sent only to subscribers

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In this month's Clear Thinking...

1: Top Tip: Breathe relaxation into your future

2: Inspiring Quote

3: Book Review: The Executive Brain

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We hope you enjoy the new inspirational quotes section in this month's

Clear Thinking. This will be a regular feature from now on. Let us know what you think!

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell

Uncommon Knowledge Ltd

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