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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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Sent only to subscribers

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In this month's Clear Thinking...

- 1: Startling Statistic: Contempt
- 2: Book Review: The Motivated Mind
- 3: Inspiring Quote: Gossip

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Hi %%FNAME%%

Hi

As someone who's interested in the way your brain works, we thought you might also like to know about the launch offer on our new Members Section over at HypnosisDownloads.com.

The students on our diploma course have been testing it out since February, and it's now up and running.

Join in October and you get 3 extra downloads immediately. Read more here:
<http://www.hypnosisdownloads.com/join.html>

While you are thinking about that, you could do worse than ponder the implications of the startling statistics on contempt uncovered by relationship expert John Gottman and resolve to work harder on your own relationships. Or you might prefer to consider what motivates YOU when you've read our book review on The Motivated Mind...

Did you know that that rewarding people/children/rats and monkeys can actually de-motivate unless those rewards constantly increase?

Complimenting a child for doing something the child enjoys doing - such as painting or singing - can increase the likelihood that the child will lose interest in that activity unless ever more compliments are forthcoming. Giving rewards can make people lose focus on the task itself.

This is just one of the fascinating insights in Dr Raj Persaud's new book, 'The Motivated Mind'...

Read the full review at

http://www.uncommon-knowledge.co.uk/book_review/motivated-mind.html

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3: Inspiring Quote: Gossip

“If you haven’t got anything nice to say about anybody, come sit next to me.”

Alice Roosevelt Longworth, US socialite, 1884 – 1980

“Live in such a way that you would not be ashamed to sell your parrot to the town gossip.”

Will Rogers, US cowboy humorist, actor, author, 1879 – 1935

People who don’t ever talk about other people are probably not that interested in them. At the same time, it’s best to avoid those who thrive on the affairs of others to alleviate their own dull existences.

You are the only witness to all your deeds, but there might be the odd parrot about here and there!

What about you?

Nearly everybody must have been gossiped about at some time in their lives. What would your parrot reveal about you?

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That's all for this month -
we hope you enjoyed it and we'll see you next
month!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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