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## CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness  
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In this month's Clear Thinking...

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- 2: Review: The Wisdom Paradox
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Hi

If you're in the UK, or like to travel, this intro may be of interest to you, otherwise you can skip to the juicy bits below - including a good reason to day dream.

The Uncommon Knowledge Diploma 2006 students are well and truly into their stride now, having made a great start to the course.

They have already been learning what keeps addictions in place, coming up with creative ways to respond to 'resistance', and discovering the subtleties of solution-focused therapy.

Next they are about to learn the famous 'rewind technique' – the safest way of removing phobias and dealing with post traumatic stress disorder.

Wouldn't you like to learn stuff like that?

If you would like to join the diploma course next

year, don't delay. Call us on 01273 776700 today.

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell  
Uncommon Knowledge Ltd

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### 1: Top Tip: Daydreaming for mental health

Learn to day dream. In school we are often told not to day dream but to focus and concentrate on the here and now. However, it is during the day dreamy trance like state that we actually learn and assimilate new knowledge.

Hope, creativity, invention and goals are all processed through the day dreaming brain. Emmy Werner, a Canadian researcher, studied children who thrived as adults even though they had suffered extremely abusive childhoods. She discovered that a key factor predicting how well people who endured terrible childhoods would thrive in adulthood was how much time they had spent as children daydreaming that one day their lives would be better!

Of course, day dreaming can also be used negatively, increasing depression and anxiety, jealousy and anger. If we constantly day dream how bad things are going to be, how we are going to 'end up', etc then we increase the chances of making ourselves miserable. So it's important to day dream constructively

Hope and optimism are products of constructive day dreaming. Hope propels you into the future even when the present is bad, and keeps you going. Children in the study who didn't day dream positively fared much less well later as adults.

So no matter how things are for you now, make a point of thinking about:

- how you'd like things to be one day
- when you'd like that day to come (you can be specific with your day dreams)

- and then really imagine in detail how your preferred future is going to taste, smell, look, feel and sound.

Of course, the most intense and powerful form of day dreaming is hypnosis. During hypnosis, the brain enters the REM (rapid eye movement) state which is also activated when we dream at night.

The difference is – you can CHOOSE your day dream! Make it a good one!

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## 2: Review: The Wisdom Paradox

It's common to fear that as we age we will increasingly 'lose it'.

As you age, so the popular notion goes, you are supposed to 'lose your marbles', or go 'ga ga', as dementia extends its inevitable grip. But read this encouraging book by neuropsychologist Elkhonon Goldberg and you may adopt a wholly more optimistic view of the aging brain...

Read the full review at:

[The Wisdom Paradox](#)

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## 3: Inspiring Quote:

“Dreaming permits each and every one of us to be quietly and safely insane every night of our lives.”  
William Dement, US Professor of Psychiatry and sleep expert, b1928

“Last night I dreamed I ate a ten-pound marshmallow, and when I woke up the pillow was gone.”  
Tommy Cooper, Welsh-born English comedian, 1922 – 1984

However serious and sensible we have to be in our everyday lives, at least every night we can let ourselves go in our dreams!

