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CLEAR THINKING

from Uncommon Knowledge

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

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In this month's Clear Thinking...

- 1: FREE - 2 new e-books!
- 2: Myth Buster: Depression is anger turned inward
- 3: The Random Element: They said it couldn't be done

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Hi!

We've got 2 gifts for you today, but first 'Happy New Year' to you from all of us at Uncommon Knowledge.

This issue is a little late (it should be the first Tuesday of every month) - so our apologies for that. We'll blame it on start-of-year work overload. ;-)

Our best wishes for 2004, and now onto the goodies...

Roger Elliott & Mark Tyrrell

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- 1: Two E-books 'on the house' from Uncommon Knowledge

Get your 2004 off to a flying start with these two inspiring e-books! Written by Lyndsay Swinton, an exceptional manager and trainer, these clear-cut

guides show you how to set achievable goals and develop your own personal development plan.

Make 2004 a successful year!

Ebook 1 - Goal Setting Guide

Ebook 2 - Personal Development Guide

Get them here:

http://www.uncommon-knowledge.co.uk/free_ebooks.html

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2: Myth Buster: Depression is anger turned inward

This is an old, old idea yet it still occupies centre-stage in the minds of many therapists, psychologists and counsellors.

This faulty assumption leads to even more dangerous treatment when it leads to the 'logical' conclusion that you have to encourage people to 'express their anger' or help depression lift.

What it succeeds in doing is creating angry depressed people, and risks making depression worse.

The physical tiredness associated with depression is caused by excessive emotional introspection, or rumination. Angry ruminations are one example of this. What depressed people need are the skills to think in ways that don't cause emotional arousal, amongst other things.

To learn more about the right treatment for depression, see The Depression Learning Path:
<http://www.clinical-depression.co.uk/>

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3: The Random Element - Teaching Tale - They said it couldn't be done

A young graduate student of mathematics at an American university arrived at his maths lecture late one day.

The embarrassed young man quickly copied the two maths problems from the blackboard, assuming they were his homework assignments for the week.

He took them home and despite his experience and knowledge, found the going very tough indeed.

However, not being the sort of mathematician who gives up easily, he worked and worked at them, beginning to see ways to progress and eventually, after several days, cracked them.

When he went to his next lecture, on time on this occasion, he handed in the completed problems and moved onto the next batch of homework, forgetting completely about those two tricky challenges.

Until six weeks later, when on a Sunday morning he was awakened by a frantic banging on his front door. To his great surprise it was his maths professor!

More than a little surprised at the professor's excited state, the young man let him in, where his lecturer explained to him that he had made a mistake.

The problems he had hurriedly copied from the blackboard were not his homework assignments at all, they were two famous maths problems that no-one had ever before been able to solve. This young man, not knowing what he wasn't supposed to be able to do, had solved them in a matter of days.

An inspirational wee tale for the start of the year.

See you in February!

Oh, have you seen our new Inspiration Quote series?
http://www.uncommon-knowledge.co.uk/inspirational_quotes/inspirational_quotes.html
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More from Uncommon Knowledge...

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

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

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

<http://www.hypnosisdownloads.com>

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

<http://www.uncommonforum.com>

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