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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...

- 1: Book review: Breath easy and build confidence
- 2: Myth Buster: Dreams *mean* something
- 3: The Random Element: Story - alternative to arguing

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Hi

Well it's truly Spring here in the UK, and the dark days of winter are falling behind us.

We hope you enjoy the prince who thought he was a chicken! (No we've not gone mad - see part 3 ;-)

Cheers!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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1: Book Review: Breathe Easy - Destress, Build Confidence and Focus Your Mind in 7 Days
by Dr David Lewis

As David is joining our advisory board, I felt it would

be polite to read at least his latest book. And I am glad I did.

Breathe Easy draws on research to illustrate the importance of breathing in the management of emotional states, and teaches you precisely how to use your own breathing patterns constructively.

For full review, see:

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

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2: Myth Buster: Dreams *mean* something

If you look in the popular psychology section of your local bookstore, you will see that 'Dream Dictionaries' abound!

Now a dictionary, as we all know, gives set definitions for words. So by implication, a dream dictionary should give set definition for dreams, right?

No! The idea that a particular dream has the same meaning for everyone is total bunkum. Why should they? Imagine an Inuit having the same dreams as an Aborigine! Come on folks, you can't seriously expect us to swallow that!

For the hard science on dreams and what they mean, see...

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

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3: The Random Element: Talking his language

We all know that arguing with someone seldom changes their view of things. Here's an old story that shows how to do it a little more elegantly...

THERE WAS ONCE a prince who had become convinced he was a chicken. He wore no clothes and refused to eat anything but corn off the ground, much to the consternation of his father, the king.

The king brought great physicians and wise men from distant lands to help his poor son, but to no avail. None succeeded in convincing the prince he was not a

chicken, nor got him to change his odd behaviour.

Finally, a wise man came to the palace and offered to cure the prince. The king was skeptical, having seen so many failures, but gave his permission for the man to try.

When they were alone, the wise man shed his clothes and joined the prince in eating corn off the floor. The prince looked at him suspiciously and challenged him, asking who he was. The wise man answered that he was a chicken. He then asked who the prince was, and the prince replied that he too was a chicken.

After a time, the prince accepted the wise man as his equal, then one day the wise man got up and put on some clothing. The prince was shocked, protesting that chickens do not wear clothes. The wise man replied simply that since he was a chicken and wearing clothes, chickens must wear clothes. And after a time, the prince too began to wear some clothes.

A while later, the wise man ate a little of the 'human food' that was brought to them every day. Again the prince protested, but the wise man simply replied that since he was a chicken and eating human food, naturally chickens must eat human food. And in time, when the wise man started walking upright, he gave the same rationale when the prince protested.

And in this way, the prince was led back to being a chicken who behaved very much like a man and his delusion passed.

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See you next month folks, have a good one!

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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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