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C L E A R T H I N K I N G

from Uncommon Knowledge

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Psychology for success, health and happiness
August 2005
Sent only to subscribers

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In this month's Clear Thinking...

1: Article: Men, Women & Emotions

2: Inspiring Quote: Cynicism

3: Book Review: Emotions Revealed

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Have you ever thought how addiction tyrannises the sufferer? Smoking cigarettes is like living under a dictator - your thoughts and behaviour are not your own. Happily, at long last, here at Uncommon Knowledge we've finally got our anti-tyranny Quit Smoking program up and running online:

http://www.hypnosisdownloads.com/downloads/health/smoking.html

If you managed to escape being sucked into smoking at a young age, consider yourself lucky as you enjoy this month's Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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