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2: Inspiring Quote: Cynicism

“A cynic is a man who, when he smells flowers, looks around for a coffin.”

H. L. Mencken, US newspaperman and political commentator, 1880 – 1956

“Never be a cynic, even a gentle one. Never help out a sneer, even at the devil.”

Vachel Lindsay, US poet, 1879 – 1931

A cynical attitude imprints the mind with the wrong sort of associations, like flowers with coffins.

Cynicism is a manifestation of insecurity which, if allowed to take hold, grows like a weed. So much so that it’s not even worth entertaining a cynical remark about the worst evils, like the devil himself.

A cynical view of the world harms the beholder more than the world.

What about you?

What was the last cynical comment you heard? How did you react to it? Did you react to the comment... or to the person who made the comment?

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3: Book Review: Emotions Revealed

Dr Paul Ekman set out to determine whether emotional expressions are innate or culturally variable.

On the way he became a master of spotting minimal facial cues in other people, and has described and delineated the 'micro-expressions' that cast split second shadows over our faces and indicate the true nature of our feelings... even when we are trying to hide them.

Read the full review...

www.uncommon-knowledge.co.uk/book_review/emotions.html

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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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