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

from Uncommon Knowledge

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In this month's Clear Thinking...

- 1: Startling Statistic: Be Great Late
- 2: Article: Stress, Lions, Prize Giving
- 3: Inspiring Quote: Relaxation

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Hi

We're sure you won't miss the common thread running through our Clear Thinking items this month.

Our advice on the good life can be summed up in three words - "Take it easy!"

We start with giving you the reasons why it's really not a good idea to hurry in your pursuit of success. You could have real cause to regret pushing yourself to get there too early.

And while you're on the way, you would do well to ponder this month's thought provoking article on lions and prizes. We know that you (well, most of you) are unlikely to encounter a lion in everyday life. However, knowing what happens to you when you do meet a lion is more relevant than you might think.

And to cap it all we've found some words of wisdom to get you thinking about your own approach to the good life!

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
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1: Startling Statistic: The value of becoming great late

Many people bemoan the fact that they haven't achieved what they 'ought to have done' in life, considering the age they have reached.

Recent research by Canadian psychologist Stewart McCann shows that there may be some health benefits to keeping the fulfilment of your life's achievements until... ahem! you are a little more moved on in years.

McCann found that the younger you are when you achieve greatness the shorter your eventual life span!

He looked at thousands of high achievers from popes and Nobel prize winners to presidents and prime ministers. In a huge proportion of cases those achieving greatness early also died much earlier than those achieving greatness later in life.

He even found that psychologists who were young when they received their PhDs died younger on average than those who got them in their thirties, forties and beyond.

It seems that people who achieve great things early have what is known as type A personalities. Pushy, driven, aggressive and perfectionist. Over pushiness, being too work driven and pushy with an aggressive and extremely competitive focus can put extreme pressure on the heart and Type A's are much more likely to suffer serious and fatal heart disease.

So if you are the tortoise and not the hare your greatness may be healthily ahead of you in future years! And if you think you might be one of those Type A types, you can still achieve greatness early as long as you RELAX regularly and often!

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2: Article: Stress, Lions and Prize Giving

To be stressed, you need something to give you the stress; a stressor. The stressor will be real or imagined.

If you react with stress to something real (a hungry lion coming towards you) you experience fear. Your adrenal glands pump your system full of adrenaline, speeding heart rate and breathing, you begin to sweat and basically things become set for exercise. Your body is primed for fight or flight (for me it's flight!).

Safari so good, this is when you need your stress response.

But what if you merely imagine something stressful?

Read the full article

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

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3: Inspiring Quote:

"The man who doesn't relax and hoot a few hoots voluntarily now and then is in great danger of hooting hoots for the pathologist and the trained nurse a little later on."

Elbert Hubbard, US publisher and author, 1856-1915

"The time to relax is when you don't have time for it."

Sydney J Harris, British-born US journalist and author, 1917-1986

Many of the healthiest and most successful people recognise relaxation as a life-skill. Dismissing care and worry from the mind regenerates the whole person.

Poor time management leads to stress and ill-health. Even a few minutes' meditation a day will calm and soothe and contribute to better performance for the rest of it.

Imagine the pressures which world leaders have to endure on a daily basis! They would explode if they hadn't mastered the skill of mind-management.

What about you?

How do you wind down during periods of stress?

Is it a healthy way of relaxing or an unhealthy way of relaxing?

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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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