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## CLEAR THINKING

from Uncommon Knowledge

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

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In this month's Clear Thinking...

- 1: Article: Hike your way to happiness
- 2: Myth Buster: Live in the moment
- 3: The Random Element: Competition

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Hi

June's Clear Thinking is packed with useful ideas  
(we hope! ;-). If you want to discuss them, why not  
come along to our forum?

<http://www.uncommonforum.com/>

See you there!

Roger Elliott & Mark Tyrrell  
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1: New article: Hike your way to happiness

(or why deliberate discomfort is good for you)

The other day a friend and myself spent 3 hours





