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CLEAR THINKING

from Uncommon Knowledge

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

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In this month's Clear Thinking...

- 1: Get 25% off the new Hypnosis Unwrapped DVD
- 2: Startling Statistic: Live younger longer
- 3: Book Review: Authentic Happiness

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Hi

Our big announcement for this issue is the launch of our first film! You can now attend the famous Uncommon Knowledge hypnosis workshop wherever in the world you live. See the article below for more details. And now, onto the main event...

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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- 1: Get *25% Off* our New 'Hypnosis Unwrapped' DVD

Those who have travelled half way round the world to attend the Uncommon Knowledge hypnosis workshop may be a little miffed to learn that you can now enjoy this unique training event in the comfort of your own home!

And as a special launch offer, you can get 25% off when you order now, plus 2 free CD's!

Read all about 'Hypnosis Unwrapped':

http://www.uncommon-knowledge.co.uk/personal_development_products/dvds/hypnosis-training.html

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2: Startling Statistic

A STUDY that began in the 1930's tracked two groups of men - the Harvard classes of 1939 through 1943 and 456 Boston men from the inner city.

George Vaillant, a Harvard professor, studies strengths he calls 'mature defences', including altruism, future-mindedness, humour and the ability to postpone gratification.

Vaillant uncovered the best predictors of successful aging, among them income, joy in living and physical health.

His 'mature defences' proved reliable predictors of high income, joy in living and a vigorous old age. Of the 76 inner-city men who displayed these mature defences when younger, 95% could still move heavy furniture, chop wood, walk two miles and climb two flights of stairs without tiring when they were old men.

For the Harvard men at age 75, those who displayed the mature defences in middle age had the best marital satisfaction, joy in living and subjective sense of physical health.

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3: Book Review: Authentic Happiness

Authentic Happiness is the friendly public face of positive psychology, an accessible and practical guide to integrating its principles into your life. Read full review...

http://www.uncommon-knowledge.co.uk/book_review/authentic-happiness.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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More from Uncommon Knowledge...

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

<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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