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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

October 2003

Sent only to subscribers

This month's Clear Thinking...

- 1: Announcement - new downloads website
- 2: Busting the anger myth
- 3: The random element

But first... a quick intro

Hello

You'll be overjoyed to hear that UncommonNews has finally morphed into its new, snappier monthly format - Clear Thinking. It has only taken us 5 years to make the move, so I think we should be congratulated! ;-)

Each issue will contain 3 quick sections - announcements, a myth buster and a random element, the most interesting psychology snippet we have found over the previous month. This could be new research, a product launch, a story, a competition like this issue or anything in fact!

Clear Thinking will be a refreshing, motivating, educational burst at the start of each month, and in line with our aims at Uncommon Knowledge, will contain the hard facts about psychology, personal development and self help.

We really hope you enjoy it!

Best Wishes

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P.S. Errors, omissions or garbled email?
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1: Hypnosis Downloads.com Launches!

You can now download hypnosis sessions from a massive selection at Hypnosis Downloads.com

Launched 2 weeks ago, this new Uncommon Knowledge website currently contains over 30 downloads. By the end of October there will be over 60 sessions available, and we will continue to add new ones on a regular basis.

Hop over and browse the library now...

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2: Busting the anger myth

This is one psychology myth that refuses to lie down and die, so here it is in stark relief...

'Getting your anger out' is not effective anger management. Learning how to stop yourself becoming angry is.

Here's a recent thread from our forums:

Anger Management
<http://www.uncommonforum.com/viewtopic.php?t=11>

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