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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness  
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In this month's Clear Thinking...

- 1: FREE! - Audio Hypnosis Course
- 2: Myth Buster: Hypnosis can recover lost memories
- 3: The Random Element

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1: Learn the truth about hypnosis

Have you ever wondered what [hypnosis](#) is really about?

Are you sceptical of outrageous claims and tales of 'black magic'?

Find out the truth, and the real power of hypnosis with our new hypnosis course with audio sessions:

[http://www.hypnosisdownloads.com/learn\\_hypnosis.html](http://www.hypnosisdownloads.com/learn_hypnosis.html)

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2: Myth Buster: Hypnosis can recover lost memories

Did you know that hypnotically 'recovered' memories are still acceptable evidence in some law courts?

Despite the fact that memories recalled under hypnosis are actually \*less\* reliable than normal memories!

And let's face it, normal memories can be pretty dodgy. I have a clear memory of visiting Alcatraz as a kid, but my mother tells me that when we were in California we never actually went there!

So, it's nothing strange, simply that your imagination works better in hypnosis than usually (like a kid's does).

These imaginations can then be interpreted by the hypnotist as real.

In reality, they are no more reliable than that dream you had last night where all your teeth fell out ;-)

Hypnotically recovered memories are less 'recovered' and more 'recreated' - or even 'created', from scratch.

(In fact, all memories are acts of recreation - but that's a topic for another issue!)

Yet another dangerous example of psychological beliefs failing to keep up with science.

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### 3: The Random Element - New Product

The extremely popular 'Peaceful Moments' relaxation tape is now available on CD.

[http://www.uncommon-knowledge.co.uk/personal\\_development\\_products/cds/peaceful\\_moments.html](http://www.uncommon-knowledge.co.uk/personal_development_products/cds/peaceful_moments.html)

Containing 4 spoken-word hypnotic relaxation sessions, Peaceful Moments is perfect for 'power naps' during the day to give you a break from the grind.

And happily, it just got a very complimentary review from the good folk at Handbag.com:

<http://www.handbag.com/healthfit/complementary/selfhypnosis/>

Have a great Christmas and we'll see you again early in 2004! :-)

Roger Elliott & Mark Tyrrell  
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