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Did you know that you can still save £400 off the Uncommon Knowledge 2006 Diploma Course starting in January, plus 25% off the introductory workshop?

This year's course is going really well and the students have already begun to work with real clients - an experience we believe ought to be available on any self-respecting psychotherapy and counselling course.

To benefit from this fantastic discount (only available to our subscribers), all you need to do is book a place before July 31. So get clicking on the link:

<http://www.uncommon-knowledge.co.uk/training/hypnotherapy/hypnotherapy.html>

We've included a thought provoking article on the Cost of Freedom in this issue. It's going to challenge you to look at your own attitudes and assumptions - and maybe make some changes. Let us know what you think of the points being made.

And if you'd like to understand more about how the mind/brain works, you could hardly do better than to read our recommended book 'Synaptic Self'. Take a look at the review.

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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1: Article: The cost of freedom

We've never been so free here in the West. We can travel to places previous generations didn't even know about, we can eat and drink what we like and we can be entertained 24/7. We are instantly connected to people everywhere. We live in dwellings with hitherto undreamed of amenities.

Yet we've never been so depressed.

I saw a young 'other than thin' boy in the park recently. His generous granny handed him an ice cream (an unimagined luxury just a few generations ago!). The boy looked at it in disgust and flung it to the ground: "I told you I wanted chocolate on top!"

What is the cost of relying for gratification on receiving without effort, and perceiving what we get as something we should have had all along anyway, so not feeling particularly pleased or grateful for it?

Read the full article

http://www.uncommon-knowledge.co.uk/psychology_articles/freedom.html

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