In this month’s Clear Thinking...

1: Article: The Cost of Freedom

2: Inspiring Quote: Lessons of Experience

3: Book Review: Synaptic Self
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
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
2: Inspiring Quote: Lessons of Experience

"Experience is that marvellous thing that enables you to recognize a mistake when you make it again."
Franklin P. Jones, US businessman, 1887 – 1929

“Experience is a hard teacher because she gives the test first, the lesson afterwards.”
Vernon Sanders Law, US baseball player, b.1930

The fastest way to learn is by making a mistake. Once made and suffered from, it’s unlikely to be repeated.

Experience can’t be taught in college. There’s no quicker way to learn than on the job. Here the lessons of the problems encountered are never forgotten.

It’s not possible to know what you don’t know, the only way to remedy this is to jump in and find out for yourself what you don’t know, so that you’ll know.

What about you?

What’s the most memorable lesson you’ve learned from your mistakes?
3: Book Review: Synaptic Self

Traditionally the unconscious and the emotions have been the preserve of psychologists, philosophers and artists and writers.

Joseph Ledoux has found ways to take the study of how the brain processes the emotions into the laboratory...

Read the full review...
http://www.uncommon-knowledge.co.uk/book_review/synaptic.html

That's all for this month - we hope you enjoyed it and we'll see you next month!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge
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/

Published by Uncommon Knowledge Ltd,
12 Queen Square, Brighton, UK BN1 3FD
Tel: +44 (0)1273 776770

If you would like to subscribe, go to:
http://www.uncommon-knowledge.co.uk/newsletter.html