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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness  
March 2004  
Sent only to subscribers

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In this month's Clear Thinking...

- 1: Get inspired with Uncommon quotes!
- 2: Myth Buster: Anti-depressants good for kids
- 3: The Random Element: How to be happy

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Hi

Despite the ongoing chaos of our office move, We're happy to be sending you Clear Thinking right on time this month! Enjoy...

Best Regards

Roger Elliott & Mark Tyrrell  
Uncommon Knowledge Ltd

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- 1: Quotes and insights to inspire and motivate you!

There was a tiny footnote in January's issue about this new offering, but we have been getting such great feedback we thought we should bring it to your attention.

Inbox Insights is an Inspirational Quotes series with a difference. We have taken a look at each quote and added a comment and a question to help you think how it could help you in your own life.

Take a look now, and if you like what you see, sign up to receive the quotes by email - F\*R\*E\*E !

<http://www.uncommon-knowledge.co.uk/go/quote>

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10 New Sessions at Hypnosis Downloads.com !!!

<http://www.hypnosisdownloads.com/?200!ct>

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## 2: Myth Buster: Anti-depressants are good for kids

In a recent move, the UK's Medicines and Healthcare Products Regulatory Association (MHRA), instructed GP's to stop prescribing Selective Serotonin Reuptake Inhibitor anti-depressants (SSRIs) to under-18s.

The recommendation was made after evidence that the drugs cause young people to become suicidal.

Prozac, however, has been left out, but the MHRA warns that it is likely to help one child in ten at best. Suicidality in adults due to these drugs is now being investigated.

The US FDA however, has made no such recommendation.

Get Depression Help:

<http://www.clinical-depression.co.uk/>

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## 3: The Random Element: How to be happy

Happiness researchers have long known that the happiest



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