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CLEAR THINKING

from Uncommon Knowledge

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In this month's Clear Thinking...

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- 3: Inspiring Quote: Are you dying or being born?

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Dear Subscriber

Where do you stand on UFOs? Where do you stand on smoking? What do UFOs and smoking have in common?

Intrigued?

Our Master Series turns to that most well-known of hypnotherapy targets, smoking, in this issue. Just why is hypnosis so useful in helping someone return to being a non-smoker? Note that we say 'return' rather than 'become' - because of course no one is born a smoker, are they?

Getting a handle on the unconscious behavior patterns that underpin habits like smoking will also enlighten you on the matter of UFOs, which come up in our article on cognitive dissonance. You may not have heard this term before, but we believe you may have a number of Aha! moments as you read on!

And speaking of Aha! moments, we're thinking of starting a course in juggling at Uncommon Knowledge. We clearly have the expertise, but it is a little unclear as yet how best to teach this skill online, not to mention that we would have to juggle our

existing online training courses in order to fit it in!

We've successfully wrapped up our Hypnosis Unwrapped course and neatly matched it with our highly effective training on How to Lift Depression. We're turning our attention for a while to our brand new cutting edge Rewind Technique course, starting in a few days. You might still just make it on to this course if you really hurry. Just click the link:

<http://www.uncommon-knowledge.co.uk/training/online/rewind-technique.html>

And you'll be glad to know, if you couldn't make either of the first two courses, that they'll be back in September!

How to Lift Depression gets going again on Wednesday 17 September. This fantastically effective and powerful course costs only £395, but you can save 25% of that if you book before 27 August, saving yourself nearly £100 (good for spending on the recommended reading!). There are only 25 places on each course, so early booking is recommended.

You can book online by clicking this link:

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

Hypnosis Unwrapped starts on Thursday 18 September, and we are offering an Early Bird Discount (a full 25% off the full price of £295, so you pay only £221.25) until 28 August. Word is getting around about how good these courses are, and they fill up quickly, so do get booking!

It's easy to book online (and there's loads more information about the course) here:

<http://www.uncommon-knowledge.co.uk/training/online/hypnosis-1.html>

If you prefer, you can call Karen on 01273 776 770 and she'll be happy to reserve a place for you on either course (you get the same discount).

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell

members of this cult had given up everything on the premise that the world was about to self destruct and that they, because of their faith, would be the sole survivors. In the lead up to the fateful day, the cult shunned publicity and shied away from journalists.

Festinger posed as a cultist and was present when the space ship failed to show up. He was curious about what would happen. How would the disappointed cultists react to the failure of their prophecy? Would they be embarrassed and humiliated?

What happened amazed him...

Read the rest of this article online at <http://www.uncommon-knowledge.co.uk/articles/stop-lying.html>

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3: Inspiring Quote: Are you dying or being born?

'A single event can awaken within us a stranger totally unknown to us. To live is to be slowly born.'
Antoine de St Exupéry, French writer and aviator, 1900-1944

'He not busy being born is busy dying.'
Bob Dylan, singer song-writer, b.1941

To live is to change. Although we cling to what we know, and believe it offers us comfort, if we don't keep changing, if we don't keep accepting new conditions and new situations, and adapting to them, we die. This is as true of our emotional, psychological lives as it is of our physical lives. And we have a choice.

What about you?

What is coming to birth within you?

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

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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