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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
November 2007
Sent only to subscribers

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In this month's Clear Thinking...

- 1: Master Series: Hypnosis for success
- 2: Startling Statistic: How We Avoid Mistakes
- 3: Inspiring Quote: Success

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Dear Subscriber

Success!

What a month we have been having, with two successful online courses (How to Lift Depression Quickly, and Hypnosis Online) running concurrently, as well as hosting a major Open Day at our offices in Brighton.

Not forgetting the ongoing work with our 2007 Diploma Students, who are nearing the end of their training and getting ready to launch upon the world.

Which means that it's time to start planning ahead for next year. The 2008 Diploma course (which we - and our students - consider possibly the best hypnotherapy training course on offer anywhere) is booking up fast.

Classes start in January, but you can still reserve a place if you hurry.

How can we best sum up our Diploma course? Well, in a

nutshell, we will train you in brief, solution focused approaches to enable you to help people quickly and effectively. Your learning will be hands-on and mentor supported. You will have access to an amazing set of online and offline resources. And you'll love it. We guarantee it.

You can read in detail about our Diploma Course and download an application form here:

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

If you can't take the course this year, you may like to take one of our online courses instead. We will be running several of these during 2008. Phone Karen on +44 (0)1273 776770 and she will tell you all about our upcoming online courses. What could be better than studying with us from the comfort of your own armchair?

Online or offline, hypnosis is about success. Really. This month's Master Series explores the nature of the link between hypnosis and success, and shows how it can work both ways, so you better choose the way that suits you better.

And with a theme like that, some hot information on avoiding mistakes is well timed, is it not, while we aim to ensure that your feet stay firmly on the ground by offering you a different take on success via this month's Inspiring Quote (it's right down at the bottom...)

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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Want to find out what we do in the 'real world'?

Come to an Uncommon Knowledge Hypnosis Workshop. These inspiring and instructive Workshops take place regularly in Brighton and in Richmond (London).

Put the dates in your calendar today!

Brighton: 17 and 18 November

The researchers wired up volunteers' scalps to a monitor which can detect brain waves the moment they occur. The volunteers were then given a complex computer task to perform. The moment the volunteers were about to make an error they had made before, this 'warning' signal made them change direction – away from the error.

This 'not again' instinct can save our lives when driving, for instance, when split second decision making is vital, or when learning anything new where repeated mistakes make us just unable to progress.

However, mistake avoidance (learning from past mistakes and instinctively avoiding those past errors) becomes harder when we are over-stressed in any way. It is when we don't have the spare capacity afforded by proper rest or calm, for example, that we made those 'stupid mistakes'.

So the scientists have yet again proved what we already know. You need to be able to relax deeply and stay calm if you want your brain to function at its best in critical situations. It's only got 0.1 seconds to do it in.

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3: Inspiring Quote: Success

“Success in almost any field depends more on energy and drive than it does on intelligence. This explains why we have so many stupid leaders.”
Sloan Wilson, US author, 1920 – 2003

“People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most men succeed because they are determined to.”
George Allen, US senator, b1952

Becoming a leader of a major political party takes many qualities. Intelligence, however, will be lower on the list than drive, energy, cunning and the confidence to argue forcefully through every adversity.

Determination and the sheer blind audacity of not knowing when to quit can often rise above intelligence when it comes to achieving outstanding success.

