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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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In this month's Clear Thinking...

- 1: Top Tip: No News is Good News
- 2: Book Review: Never be Lied to Again
- 3: Inspiring Quote: The science of poetry

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Too much TV is bad for you, as you know, but have you thought about what kind of TV exactly might be harmful in excess? Soap operas? Reality shows? Quizzes? Drama? Documentaries? Talk shows? And why would they be harmful?

This month's Top Tip turns the spotlight on the TV that can really get you down, and explains just why this is so. Armed with that information, you'll know just when to press the OFF button.

Having discovered when to turn off, you'll have the time to read *Never Be Lied To Again*, the subject of this month's book review. If you've ever been conned or deceived and smarted from it, this book could give you just what you need to defend yourself in future.

How much TV is bad for you and how you identify a liar have been the subjects of serious scientific research and debate. But, no matter how serious it is, science can't tell you everything about everything - for that you need poetry. Think about it.

through too much TV news consumption.

Oh and then there's the poor communication styles TV teaches... but that's a whole 'nother article.

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2: Book Review: Never Be Lied To Again by David J. Lieberman, PhD

Ever felt you were being lied to, but just couldn't bring yourself to believe it at the time?

And then later, when the deception came to light, you told yourself and anyone who cared to listen, "I knew it! I just knew it!"

But how did you know?

Read the full review at

http://www.uncommon-knowledge.co.uk/book_review/lie.html

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3: Inspiring Quote: The science of poetry

"In science one tries to tell people, in such a way as to be understood by everyone, something that no one ever knew before. But in poetry it's the exact opposite."

Paul Dirac, English physicist, 1902 – 1984

"There's no money in poetry, but then there's no poetry in money, either."

Robert Graves, poet and writer, 1895 – 1985

Poetry is the elevated expression of elevated thought, or feeling, laid out in a pattern or rhythm. Science is only concerned with down-to-earth, provable, undeniable facts.

The poet's job is to see beyond the worldly. The pursuit of money and security is not a high priority.

What about you?

