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CLEAR THINKING

from Uncommon Knowledge

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In this month's Clear Thinking...

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Hello

Do you know anyone who is depressed?

By 'depressed', we don't mean just a bit glum or blue. We don't mean that sinking sensation we all get when we turn on the TV or open a newspaper nowadays.

We mean that awful, paralysing, black emotion which turns your limbs to lead, and your head to wet wool, and leaches all the color from your life. That sickening pit inside which seems to suck every ounce of motivation out of you and makes you cut off all your friends so you can just hide in your corner. That dreadful feeling of pointlessness and dreariness that just seems to go on. And on. And on.

That one.

Know anyone who feels like that? Any idea how to help?

"Lift Depression Fast" is part of our suite of top drawer online training courses. The next course starts on 8 April 2009 and you can participate from anywhere in the world.

25% off Lift Depression Fast when you book today

"Lift Depression Fast" will teach you

- how to recognize depression
- what causes depression
- what maintains depression
- how to break out of depression quickly

- how to prevent depression coming back

Depression is not some mysterious 'plague' that attacks you out of the blue and about which you can do nothing except take pills or wait for it to pass. We understand its root causes very well. We know why some people are more prone to fall into depression than others. But most importantly, we know EXACTLY what you need to do to lift depression quickly.

According to figures from the World Health Organization, rates of depression in the developed world have been rising dramatically, and there is no sign of a let up in the increase (and not likely to be in the current climate). So there has never been a greater need for people who understand how depression works, and how to stop it working.

You can be one of those people.

You can find out everything you want to know about "Lift Depression Fast" (and sign up!) right here:

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

You'll feel ever so much more cheerful after that!

Have you ever wanted to be able to use hypnosis?

AND... there's still time to benefit from the Early Bird discount (25% off) for the "Hypnosis Unwrapped" course too! The next course starts on 9 April 2009, so don't delay if you want to join us having fun and learning how to

- hypnotize (yes, really!)
- relax incredibly quickly and deeply
- write your own hypnotic scripts
- calm yourself in stressful situations
- achieve the emotional state you want anywhere
- communicate and influence powerfully

and hundreds of other powerful and effective therapeutic skills

All the course details can be found here:

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

But the new behavioural economics which Lunn espouses looks at how people actually behave when making decisions, and applies this knowledge to what happens in economics. Instead of starting from mathematical formulae, it starts with research into behavioural psychology. And this throws up a quite different picture of reality...

Read the rest of this article online at http://www.uncommon-knowledge.co.uk/book_review/basic-instincts.html

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3: Inspiring Quote: Inferiority

"Nobody can make you feel inferior without your consent."
Eleanor Roosevelt

If someone says "You're rubbish!" you are not likely to feel great about it. But, as Eleanor Roosevelt pointed out, you don't have to agree with them. It's only when we agree with another person's negative view of us that we really start to feel inferior. And why, exactly, should we agree?

What about you?

Are you careful to distinguish between the pain that negative comments cause you and the real truth about your worth and value?

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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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