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CLEAR THINKING

from Uncommon Knowledge

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

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In this month's Clear Thinking...

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- 2: Startling Statistic: No Man (or Woman) is an Island
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Hi

Ready to roll?

Only a few short weeks to the launch of the Knowledge Lab, and if you hurry there is still time to catch the early bird discount for our very first course - 'Hypnosis Unwrapped Online'.

There are only 16 places left on the course, so don't delay.

We told you last month what you can expect, but there's no harm in repeating ourselves, is there? We're very proud of it!

You'll get teleconferences, interactive forums, assignments (to ensure you have fun with your new hypnotic skills) and live DVD footage of the experts.

There will be seven powerful and fun one-hour sessions over seven weeks, with a host of supportive teaching

materials, to provide you with the most effective tools for maximizing performance and overcoming psychological difficulties in yourself and others.

Call Karen on 01273 776770 or use the link to find out more.

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

While you are waiting for the course to start, ponder on our offering this month. Our article on Phantom Limb Pain highlights once more why hypnosis is such a powerful tool for change. And don't miss the startling statistic that numbers really matter. It could make a life or death difference to you. Ultimately, it's all about which door you go through...

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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Want to find out what we really do?

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: 13 and 14 January, 31 March and 1 April

London: 14 and 15 April

All the information you want is available here:

<http://www.uncommon-knowledge.co.uk/workshop/hypnosis/workshop.html>

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1: Article: Phantoms and Hypnosis

The diagnosis of 'phantom limb pain' did nothing to lessen the agonising shock-like sensations that Diane was experiencing in the area where her leg used to be. Unable to sleep peacefully and on a cocktail of strong

drugs, she was exhausted when she first came to see me.

However, as she related the horrors of her accident and subsequent amputation, an extraordinary optimism and sense of humour radiated through. She was clearly determined to survive. After a motorbike accident in Bali, an island in Indonesia, no one would take her to hospital because of the local belief that blood carries bad spirits. A hefty bribe finally ensured that she got there, but there were only minutes to spare. Over the following two weeks gangrene set in and her leg had to be amputated...

Read the rest of this article here:

<http://www.uncommon-knowledge.co.uk/articles/phantom-limb.html>

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2: Startling Statistic: No Man (or Woman) is an Island

We all have a basic need to feel connected to other people.

But it seems that having good social ties is actually directly related to physical health and has a positive 'buffering effect' even if there are other stresses in play or adverse life style choices have been made, such as smoking or excessive drinking.

Of course, exercise levels, smoking and diet are all important factors in determining your health, but a major piece of research (Berkman and Syme, 1989) found that the powerful influence of social support on health outcomes seems to be largely independent of how much your family and friends actually encourage you to make healthy life style choices.

The study tracked 7,000 residents of Alameda County, California over a nine year period. The research looked at their health habits, the number of social ties and close friends they had, the level of group contact such as church attendance they had, and whether they were married.

The mortality rates of the study group seemed to be clearly and directly associated with the number of social ties of each individual. Quantity came out as more significant than quality.

People with few ties to others had mortality rates two to five times higher than better connected people. This strong link between social ties and death rates was independent of more traditional mortality indicators such as smoking, drinking, exercise and obesity. The link applied to both sexes, all ethnic groups and in a 17 year follow up appeared to hold good all the way into old age.

So... if you want to be healthier, make friends, join an association or two and get married!

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3: Inspiring Quote: Open Doors

“Sometimes we stare so long at a door that is closing, that we see too late the one that is open.”

Alexander Graham Bell, Scottish inventor, 1847-1922

“Every exit is an entry somewhere.”

Tom Stoppard, Czech-born British dramatist, b 1937

If a situation is going rapidly pear-shaped, know when to pull out and turn your energy and attention elsewhere before opportunities are missed.

Going out of that door marked 'Exit' is often difficult, whether it was opened by you or by an outside force. Consider the new phase of life you will be entering rather than dwelling on what will be left behind.

Changing your circumstances, in love, in work, or whatever, takes guts.

But procrastinate for too long and other paths, paths that are more suited to you, could close for good.

So what about you?

When was the last time you went through one of those doors?

As you went through, were you looking ahead or looking back?

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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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More from Uncommon Knowledge...

- <http://www.unk.com/>
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