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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
October 2005
Sent only to subscribers

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In this month's Clear Thinking...

- 1: Self Confidence for Women
 - 2: Myth Buster: Praise = High Self Esteem
 - 3: Random Element: Book Review - 'Wise-Up!'
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Hi

Whether you're a woman who wants to better understand your self confidence, or a man who wants to better understand women, this issue's lead article should prove illuminating!

Plus, we've got a review of a new book that should be of interest to any subscribers to a newsletter called 'Clear Thinking'!

Last issue, we asked you to take part in our survey on which you preferred - male or female hypnotist voices after this forum thread raised the question:

<http://www.uncommonforum.com/viewtopic.php?t=2239>

There were 92 respondents, exactly 50/50 female/male, and the results were as follows:

Prefer male voice: 47.8%
Prefer female voice: 23.9%

Other similar research suggests that children educated in a 'praise culture' become so over-reliant on adult praise that they become fearful to attempt new activities in case their efforts don't receive plaudits.

For more on this, see the book in this issue's Book Review (below).

For more on how to truly build self esteem, see our ebook: 'A Helping Hand - How to build self esteem in others':

http://www.uncommon-knowledge.co.uk/personal_development_products/ebooks/self_esteem.html

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3: Random Element: Book review - 'Wise-Up'

Wise-Up: The Challenge of Lifelong Learning
by Guy Claxton

IN HIS latest book, Guy Claxton delves into the world of learning, exposing fallacies that drive our education system and investigating what it takes to be a great learner.

“Learning is a survival strategy that entails risks and promises returns. It demands the ability to tolerate frustration and confusion; to act without knowing what will happen; to be uncertain without becoming insecure.”

Read the full review here:

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

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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.hypnosisdownloads.com/>

<http://www.self-confidence.co.uk/>

<http://www.panic-attacks.co.uk/>

<http://www.clinical-depression.co.uk/>

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

<http://www.uncommonforum.com/>

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