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CLEAR THINKING

from Uncommon Knowledge

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

Pdf format available online at:

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

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In this month's Clear Thinking...

- 1: 50% off new Depression Program
- 2: Myth Buster: What you buy is your choice
- 3: Article: The unspoken upshot of setting goals

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Hi!

The big news for this issue is that we have finally completed the Uncommon Knowledge Depression Program (two years after starting it!)

There's more on it below, but we're so pleased with it we can't stop talking about it ;-)

As a subscriber, you can get 50% off the price of the program if you help us out with a survey, but more on that below.

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

So to beat them at their own game, you need to scan right to left, look up and down, and most importantly - make a list and stick to it!

(Happily, this will also help you in other ways - see item 3!)

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3: Article: The unspoken upshot of setting goals

We all hear so much about goal setting these days, it can get quite wearing. I mean you don't need to set goals when you're going to do the shopping do you? Or when you're washing the car? Or painting a room?

Or do you?

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

<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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