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## CLEAR THINKING

from Uncommon Knowledge

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In this month's Clear Thinking...

- 1: Master Series: Skeptical about hypnosis?
- 2: Book Review: Buyology
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Hello

Happy New Year!

Why don't you start as you mean to go on by signing up for one of our top flight online training courses?

\*\*\* 25% discounts available when you book today \*\*\*

Okay, we know that the doom merchants are in full cry, and we are not shutting our eyes to the economic reality out there that is making life even more challenging than usual for millions of people. But we (as you won't be surprised to learn) are hyper alert to the dangers of too much ruminating (major cause of depression), and hyper aware of the need to encourage and stimulate creative problem solving in every field.

So, in 2009, far from slowing down and pulling in our horns as everybody else seems to be doing, we are going flat out on the development of the Knowledge Lab - the home of our online training programs.

The simple beauty of the Knowledge Lab is that you need no more than a phone and internet access to participate. You can be anywhere in the world and still take part. Our courses combine live teleconferencing (so you get to talk to real live people in real time) and online and offline training. We use a wide range of multimedia formats so that, whatever your learning style, you can make the most of our cutting edge expert tuition.

Are you ready to take the Precision Hypnosis course,

for instance?

\*\*\* 25% off Precision Hypnosis when you book today \*\*\*

(The first course sold out, so please book early if you'd like to come!)

If you already have a diploma in hypnotherapy or NLP, from ourselves or another training body, and really want to go places with hypnosis, this course could be for you.

It would take us all day to list everything that you get on this course, but just look at what's included in the toolkit that comes as part of the package to help you thread all your skills together into effective client sessions:

- helpful mind maps for instant recall of what you have learnt
- tip list to help your clients insure themselves against problem returning
- audio session containing a powerful technique to help your clients take control of their emotional life
- resource set of hypnotic metaphors to use with your clients
- reference guide for creating advanced hypnotic language patterns.

More on Precision Hypnosis here:

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

One thing we can be rather sure of in these times of credit crunch is that rates of depression are likely to go up, as people are often ill-prepared to deal with such widespread economic and social difficulty, on top of whatever personal problems they may be facing.

But treating depression need not be a matter of relying on anti-depressant medication, nor a matter of long-term therapy. Depression can be lifted quickly, when you know how.

Do you?

\*\*\* 25% off Lift Depression when you book today \*\*\*







