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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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Sent only to subscribers

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In this month's Clear Thinking...

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- 2: Review: The Wayward Mind
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Hi

Well it's February – if you're up here that means dull and cold, if you're down under it's all sun and fun.

We've tried to add some brightness to the northern hemisphere winter with a website redesign - hop on over: <http://www.uncommon-knowledge.co.uk/>

It should be easier to navigate and easier on the eye - let us know what you think.

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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- 1: Startling Statistic: Stress and fat

Many people already know that exercise is a great anti-depressant. This is because exercise stimulates the production of the so-called 'feel good' chemicals (endorphins), and increases the serotonin levels in the brain.

And now, according to the British Medical Journal, there is another great reason to exercise if you have been depressed.

Evidence is mounting that long term depression can lead to a reduction in bone marrow density. In major depression, production of the steroid hormone cortisol increases. Prolonged excess of cortisol in the body is known to decrease bone density. But that's not all. Excess cortisol also leads to a redistribution of body fat, such that there is more fat around the middle. This can mean a higher risk for coronary disease, even if the person's overall weight goes down!

And although antidepressants may be prescribed to combat depression, some anti-depressants may induce weight gain as a side effect.

So there is more reason than ever to relax regularly and exercise regularly. Regular relaxation will normalise levels of cortisol, and regular weight-bearing aerobic exercise will increase bone density and keep excess fat levels down.

So what are you waiting for?

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2: Review: The Wayward Mind

Nowadays everybody is an amateur psychologist. We all have theories as to why friends and family behave as they do and we seek to explain everything psychologically. But it wasn't always so...

Read the full review at:

http://www.uncommon-knowledge.co.uk/book_review/wayward-mind.html

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3: Inspiring Quote: Believing is seeing

“What we see depends mainly on what we look for.”

Sir John Lubbock, English banker, statesman and naturalist, 1834 – 1913

“The question is not what you look at, but what you see.”

Henry David Thoreau, US writer and philosopher, 1817 – 1862

It’s a scientific fact that eyes register more information than the brain can take in. The brain selects what it ‘sees’ all the time. An obsession with pregnancy, for example, will yield pregnant women everywhere you look!

If you go out gathering mushrooms, you will often discover that once you have found one you will start to find a lot more, as the brain/eye co-ordination applies itself to the task in hand.

People looking at the same scene, or examining the same problem, will each see it in their own way.

What about you?

How much of your everyday surroundings do you ‘see’?

Can you describe the last person you spoke to?

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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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