



Uncommon News - Issue 5-1, Jan 2003

Hypnosis, Psychology and Personal Development - Keeping You Informed

The Year Ahead

WE ALREADY have several exciting plans in the pipeline for 2003, which we'll tell you more about in a moment, but first a wee look back.

The [hypnotherapy diploma class](#) of 2002 has just graduated having completed their course and we'd like to say "Congratulations!"

An incredible bunch of people achieved amazing things during the course and we're already looking forward to the class of 2003.

2003 Diploma Full

Once again, the diploma course has filled to capacity ahead of time, and we have already taken bookings for the 2004 course. (It never ceases to amaze just how organised some people are!)

New Book

In March, we will be releasing a new ebook with the working title "How to Raise [Self Esteem](#) in Others". Written by [Roger Elliott](#) and [Mark Tyrrell](#), the book contains over 20 short, sharp techniques with a special section devoted to raising [self esteem](#) in children.

New Website

By the time you receive the next newsletter, our new website - [HypnosisDownloads.com](#) will be up and running. Starting with around thirty downloads, the library will be expanded until it contains over one hundred.

Bullying Workshop

Starting March 6th, Mark Tyrrell will be delivering a workshop in bullying at 6 venues around the country. For details, call MindFields College on 01323 811440.

Website Update

New Article

An uncommon look at the history of psychotherapy in the west:

[The Mad, Mad World of Psychotherapy](#)

Teaching Tale

During a hazardous voyage on a rickety ship across a fierce ocean, half way across a terrible storm blew up.

Everyone on board, passengers and crew, began to panic. Screaming and behaving hysterically, many of them seemed to suddenly develop a profound belief in God, praying and promising to be good in future if only they could be delivered from this catastrophe.

Everyone, that was, except one man who appeared quite unruffled by the impending doom. Despite the maelstrom about him, he simply continued reading his book.

When at last the storm abated and it seemed they would survive after all the other passengers turned to the calm man and asked him how he could remain so calm in the face of such terror.

“Were you not terrified that we were all just an inch from the infinite?” they asked.

The man gazed at them steadily and replied, “Can one amongst you tell me whenever that is not so in life?

This is why you must live!”

Top Tip

Help Others to Help Yourself

IF YOU WANT to be healthier in body and mind, forge social contacts with and help other people.

According to research, helping others decreases your chances of stress related conditions and [depression](#).

Over-concern with one’s health can be counterproductive, as focus on the self appears to correlate with ill health. The more a person uses personal pronouns such as ‘me’ ‘mine’ and ‘I’ in their everyday speech, the more sickness they appear to suffer.

We all know that people need people, but startlingly, those with weakened social connections have higher rates of cancer, heart disease, infections, [depression](#), arthritis and problems during pregnancy.

As long as you don’t create a ‘rod for your own back’, helping others seems to help your health.

In a study in the US of 2,700 residents in Michigan, men who volunteered for community organisations were two and a half times less likely to die from all causes of disease than men who didn’t!

In another survey, those who voluntarily helped others once a week were ten times more likely to report good health than once a year helpers!

So your social contact should have an element of helping and receiving help in return. Just like exercise, the more help you give, the greater the health benefits you derive.

Startling Statistic

Animal Magic

Several studies show that pet owners enjoy better health.

One year after a heart attack, patients who have pets have one fifth the death rate of the those without pets.

Petting a dog has been shown to bring down blood pressure
Bringing a pet into a nursing home or hospital can boost peoples' moods and enhance their social interaction and even memory!

Competition

Win the Top Book!

ANSWERS as usual by post or email to:
competition@uncommon-knowledge.co.uk

Remember to include your postal address in case you win!

Here's the question:

According to this issue's Top Book, does keeping a diary...

- A) Make you depressed?
- B) Make you sleep badly?
- C) Improve your immune function?

The first three correct answers drawn on April 1st will win a copy of this issue's top book 'Healthy Mind, Healthy Body'.

The correct answer to last issue's question was A) Seattle.

The 3 lucky winners of 'The 7 Principle for Making Marriage Work' were Shemuel B Israel, Chicago, USA, Barry Slight, Chichester, England and Rosie Arthey, Edinburgh, Scotland.

Top Book

Read review here: The [Healthy Mind, Healthy Body Book](#) by Robert Ornstein and David Sobel

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."

Vince Lombardi, American football coach

"If there is no wind, row."

Greg Maddux, American baseball pitcher

'Fear of failure' is a commonly spoken excuse for not attempting things, but what does this really mean? It assumes that 'success' is completing something successfully.

The quote above redefines success as doing as well as we can in the circumstances we find ourselves. It's possible that trying the same thing a year later, we could do better, or be more successful, but without the initial effort, nothing will be achieved, and nothing will change.

I find it helps me to know that when starting something, I don't have to finish it. I might find out halfway through that it won't work. However, without the 'starting', I'll never know, and will be left with a feeling of failure. So failure is simply failing to start something.

You don't TRY to succeed. WHEN you try, you succeed.

Q: What are you putting off for fear of not completing it well?

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