

# Ancient Asian success secrets that'll work for you!



You know about the karate-chop kind of martial arts, but did you know there's also an ancient form of *psychological* martial arts, which teaches you how to turn someone else's strength to your advantage? It's so effective—helping to increase self-esteem, as well as decrease tension, stress and anxiety—it can guarantee your success in any situation, whether at work, at home or with friends, no black belt required!



## Ancient wisdom: "Become like water"

● **What it means:** Go with the flow!

This rule teaches you to keep your goals in mind without being too attached to any one way of achieving them. Say you and your co-workers are having trouble solving a problem; everyone has their own opinion and no one will budge. Rather than standing your ground—and letting the project halt—become like water and "look for the cracks to go through." Pick the best parts of each person's idea and come up with a plan that works for all of you!

## Ancient wisdom: "Look at distant mountains"

● **What it means:** See beyond what's in front of you!

The idea here is to "look past someone else's words and actions to the emotions behind them," says corporate trainer Matt Eventoff. Say your husband comes home grumpy. Instead of getting grumpy yourself, try to discover a reason for his mood. Then you can acknowledge it ("You seem stressed out") and diffuse it ("Sorry you're having a bad day")!



## Ancient wisdom: "Meet no superior force head on!"

● **What it means:** Instead of fighting, yield!

When martial arts students confront a stronger opponent, they don't give up. They quietly step aside, "which throws the opponent off balance," says Debbie Mandel, author of *Turn on Your Inner Light*. It can work for you, too: Suppose your boss makes a joke at your expense. You could counter by bringing up his shortcomings, but that's not a good idea with so powerful an opponent. Instead, dodge the conflict by laughing louder than anyone else! Not only will it disarm him, but you'll effectively win the round without making a single move!



## Ancient wisdom: "Find the good angle!"

● **What it means:** If one approach doesn't work, try another!

Martial arts practitioners never give up, but instead change their "line of argument." For example, if you've been sending out résumés with no luck, hold off on the mailings and work a different angle—say, sign up for temp work. Approaching the problem from a fresh angle brings you much closer to success, says Bruce Frantzis, author of *The Chi Revolution*.



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