

Everybody wants my angpow! Jam everywhere too!

Patience for this Chinese New Year Holiday.



Hi,

The holidays can be quite a stressful time isn't it? Meeting your in-laws, visiting friends or your better halves' friends. Having to reject that cookie and drink, having to insist that you have had enough, your pocket are getting emptied by over-zealous kids who seems like they haven't seen money before, house after house. Before it reaches 12noon, you're already tired and wishing that it was labour day instead. It's going to be tough, but here's how we can remain at peace with ourselves and the world around us...

Want to be UNSTOPPABLE?

Want to control your circumstances?

Want to smash through rejection?

Quickly dismiss self doubt?

Act powerfully in spite of fear?

Achieve more in 2010 than the past 5 years combined?

Click down here for

Mind Secrets of the Unstoppable

5,6,7 March 2010
9am - 5pm
UEM Academy

More Information

Man's hair miraculously disappears. "I miss my hair" says man.



This conversation took place the week after CNY 2009 last year

Woman : What happened to your hair?

Man : I was at my in-law's place when it went poof

Woman : It went poof?

Man : I was told it was bound to happen one day, with all my stress at work

Woman : But you had a full head of hair before the chinese new year.

Man : Yeah, this was a case of ang-pows, in-laws and endless sitting in living rooms. My hair finally could not take the stress and it went poof! How I wished I listened to the advise given to me last year.

Woman : What's the advice? I'm sure lots of people don't want their hair to go poof.

Man: Three things.

Choose how we react. When I visit that aunty and uncle that I cannot tahan I pretend to smile and be polite and trade "oh you look so thin this year" niceties, or when the r home made cookies taste like cardboard and I have to say "mmmm mmm mm", that gives me tons of stress. Hey, I feel bad for lying. last year I learned this technique that makes me actually like my aunts and uncles. I was told that whenever I meet them and they are talking to me, instead of throwing up like I usually do, I should just exaggerate things to ridiculousness. If they say I put on weight, I just imagine myself being the MichelN man stomping down the twin towers in KL. If they ask me again how much I am earning now, I just picture myself as Scrooge McDuck, Donald Duck's uncle, throwing gold coins into the air from my underground vault. If I can do this before I answer, I will perhaps be in a better, less stressed mood. Again, the key is to exaggerate to silliness.

Needs. According to human needs psychology there are 6 human needs. Just understanding them would put us in a more understanding mood.

1. Certainty
2. Uncertainty
3. Love & Connection
4. Significance
5. Growth
6. Contribution

If your in-laws ask you what your paycheck is like this year, it's because they want to feel certain that their beloved son or daughter did not marry a loser. If your relatives ask you alot of questions about your life, it's because your stories bring about variety in their lives in the form of aunty gossip around the mahjong table. Sometimes people don't know what to say, but in their well meaning effort to have a connection with you, they say the darrest things. If your uncle is bragging about what he accomplished last year, it's because he wants to feel significant like a "tai ko". And if they offer you cookies again and again through your repeated no's, understand that they are seeking to contribute to your wellbeing. So love it.

Y? What? How? The power of asking the right questions. Our questions determine our focus. Instead of asking why is my uncle such an arrogant d***head, ask instead, "What can I learn here?" Or "What is good about this?" Or "How can I make my stay here enjoyable?"

When my hair grows back. I'll attempt these techniques in 2010. Cannot risk losing my hair again, I look too much like Danny Devito.

"The events depicted in this article are fictitious. Any similarity to any person living or dead is merely coincidental."

HAPPY CNY and a HAPPY HOLIDAYS!

Edmond is the founder of Education Republic and through his journey from engineer to trainer, he has stumbled upon the secrets of the successful and happy mind. He is a certified practitioner of NLP and coaches on the practical aspects of psychology. His goal is to be in a position to influence a change in Malaysia's education system by 2029 and to turn Education Republic into the best adult education and empowerment and corporate soft skills training organization in Malaysia by 2012.



Contact him at 019-380 9788 or reply this email.

HAPPY CHINESE NEW YEAR & HAPPY HOLIDAYS!!!

Go easy on the pineapple tarts