

MIND & BODY

How to Overcome Your Brain's Fixation on Bad Things

A new book reveals how the negativity bias operates in our lives and what we can do about it **6**

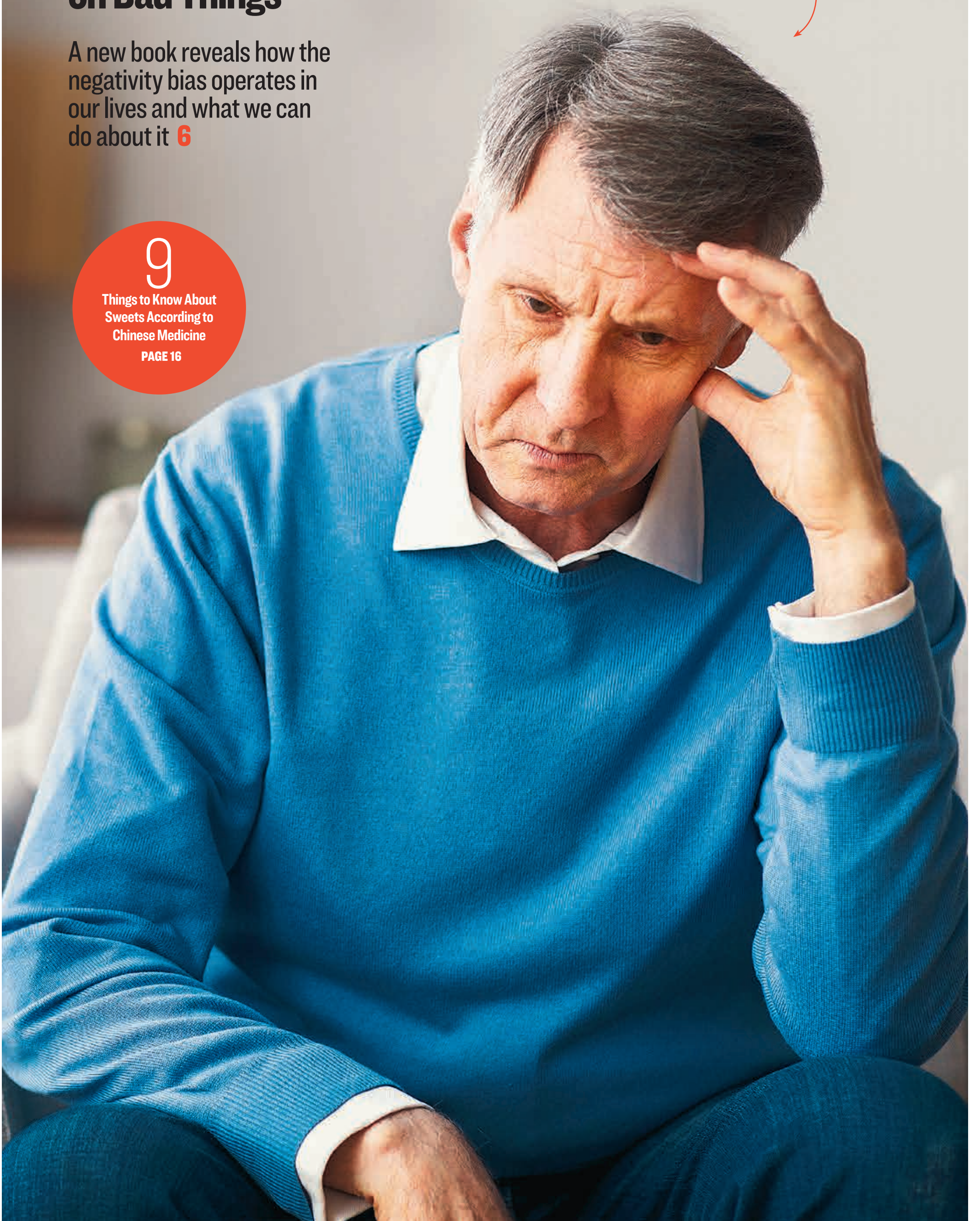
We, humans, have a propensity to give more weight in our minds to things that go wrong than to things that go right.



9

Things to Know About
Sweets According to
Chinese Medicine

PAGE 16





Life leaves its mark on us. Be generous with the stories of your scars, you might just help someone else facing a similar wound.

CONNECT TO LEAD

The Generosity of Scars

Our past wounds are a story that can help others heal

SCOTT MANN

My transition to civilian life six years ago was a nightmare. The isolation got so dark for me that one afternoon, I went into my bedroom closet not intending to come out of it alive. How did I get here? Two years earlier, I was at the top of my game as a Special Forces Green Beret, running strategic missions around the world. And then, after retirement, I didn't have enough purpose to leave my own house. Worse, my mood swings were so bad that my wife and boys got up and left any room I entered.

Heart pounding in the darkness, sweat dripping off the tip of my nose ... I heard it. My son's voice in the hallway outside the door. Ashamed, I shuffled out of that dark closet unwilling to live, and unable to die. Six months later, I had coffee with an old friend named James, whom I served in Afghanistan with and was in that same dark place that I was trying to escape. Reluctantly, I shared my closet story with him. I watched the color return to his face and his distant stare come back into focus. I had reached him. He knew in that moment that he wasn't alone. And for just a moment, neither was I. It was then that I realized my most embarrassing scar from transition was becoming my greatest contribution in this new world.

The dictionary defines a scar as "a mark left on the skin or within body tissue where a wound, burn, or sore has not healed completely and fibrous connective tissue has developed." I define a scar as an emotionally-charged mark, buried in the soul, earned through the struggle and trauma of living one's life fully, that has the potential to form fibrous connective tissue with the outside world to heal oneself and others. By my definition, there is generosity in our scars, but to be generous with your scars, you have to own your story. A big part of my story is survivor's guilt. I'm still here, while so many of my friends from the war are not. Some died doing what I asked them to do. When I finally owned this

Scott Mann is a former Green Beret who specialized in unconventional, high-impact missions and relationship building. He is the founder of Rooftop Leadership and appears frequently on TV and many syndicated radio programs. For more information, visit RooftopLeadership.com

story, healing, far beyond my own, started to happen. According to narrative expert Dr. Kendall Haven, humans are wired to listen autobiographically to story. What I mean by this is when we share the stories of our scars, we create a narrative bubble that others can step into and process their own emotional issues. What a gift we can give as leaders in these uncertain times if we can overcome the mindset that scars are uncomfortable. Within the generosity of scars, there are two powerful stories that are incredibly uncomfortable. A good story is a story about you that you don't want to tell others. A great story, well, that's one about you that you don't want to tell yourself. But, what about you? How can you lead with your scars? How do you overcome the mindset that prevents you from removing the armor we are all trained to keep over our feelings? For me, it started with a story to a struggling Army buddy about my own bout with suicide. For you, it might be sitting down with your employee after she makes a mistake, and instead of chewing her out, sharing a scar from when you made a bigger mistake ... and what you learned from it. It could even be a conversation with your teenager about your battle with addiction. Start small. A little scar, maybe even a blemish that you have from your past. Write it down, talk it out, develop it. Whatever it is, take those first steps to remove the armor and tap into it. Own it. Share it as a way to earn the right to lead us even when we don't want to follow. Your scars are the rocket fuel for how you lead people when storm clouds gather. People are hungry for it. Scars make you relatable. Scars have a story. Scars are uncomfortable. But, there is generosity in your scars ... if you are willing to approach them with a different mindset. It's time that you are. Because the world needs what you've earned.



Anger starts with an internal decision to be angry.

MINDSET MATTERS

A Stoic Answer to America's Rising Anger

Fury makes us feel powerful even as it destroys our self control

“We're just wicked people living among wicked people. Only one thing can give us peace, and that's a pact of mutual leniency.”

Seneca

East Acupuncture

Dr. Ping H Liou

Chinese Medicine Acupuncturist, Pharmacist

Born in a family of traditional Chinese medicine, Liou studied at Chengdu University of Traditional Chinese Medicine under famous doctors Benshu Diao and Yuqin Lai. has been practicing Chinese medicine for 13 years. Liou is expert in comprehensive treatment combining acupuncture and medicine.

- ◆ Gynecological diseases: Infertility, Ovarian Cysts, Menopause, Irregular menstruation, Underlying disease, Breast disease, and Postpartum disease.
- ◆ Pediatrics: Respiratory diseases, Digestive diseases, Urinary diseases, Pseudomyopia.
- ◆ Rehabilitation treatment for stroke sequelae: Facial paralysis, Hemiplegia.
- ◆ Male disease: Male Infertility, Erectile dysfunction, Prostate disease.
- ◆ Endocrine diseases: Diabetes, Obesity, Nicotine withdrawal syndrome.
- ◆ Acute and chronic pain disorders: Shoulder and neck, Waist and leg disease, Headache, Migraine.
- ◆ Mental illness: Insomnia, Anxiety, Depression.
- ◆ Digestive system diseases: Irritable bowel syndrome, Gastroesophageal reflux, Constipation, Alcohol withdrawal syndrome.
- ◆ Skin diseases: Eczema, Urticaria, Psoriasis, Skin allergies.
- ◆ Respiratory diseases: Allergic rhinitis (pollen, dust mites, etc.), Chronic cough, Asthma.
- ◆ Cancer and chemotherapy support, Recovery treatment after OP.
- ◆ Nervous system diseases: Epilepsy.

8290 Old Courthouse Road, Suite A, Vienna, VA 22182 **703-893-3278**
www.eastacupunctureva.com

Acupuncture & Herbal Medicine

IVF Acupuncture, Pain control, Depression

Dr. Kuan-Chung Chou, Ph.D. L.Ac

OMD, Beijing University of Chinese Medicine
Professor of Chinese Medicine, USA
www.TrendCare.com

Infertility, IVF Acupuncture, PMS, Menopause, Rejuvenation
Sciatic/Neck pain, Headache/Migraine, Arthritis, Paralysis
Depression, Insomnia, Anxiety, ADD/ADHD, Autism
Obesity, IBS, Stop Smoking, Fatigue, Eczema, Immunity

(703)829-3536 (301)219-9094
8303 Arlington Blvd., #210 Fairfax, VA 22031 121 Congressional Ln., # 403 Rockville, MD 20852

Service Directory & Classified Ads Call(240)888-4218 to Advertise

<p>Learning Center</p> <p>SPIDERSMART Learning Center of Ellicott City/Columbia</p> <ul style="list-style-type: none"> Reading and Writing, Math, AP class Test Preparation for SAT/PSAT, SSAT, ISEE Beginning Reading and Math You can join us anytime from preschool to adult program <p>9256 Bendix Rd., Suite 101 Columbia, MD 21045 443-864-5070</p>	<p>Fountains & Ponds, LLC</p> <p>Heidelberg Fountains & Ponds, LLC</p> <ul style="list-style-type: none"> Design Service + Cleaning Installs + Upgrades Troubleshooting <p>703-350-6237 www.HeidelbergFP.com</p>	<p>MoveMovers</p> <p>Continental Movers</p> <p>FREE BOXES</p> <p>\$80/hour 2 Men \$90/hour 3 Men Gas charges \$60</p> <p>202-438-1489 301-340-0602 703-929-1302</p> <p>Cmora53607@msn.com www.continentalmovers.net</p>	<p>House Cleaning</p> <p>FABULOUS Maids 4 You</p> <p>FREE House Cleaning \$50 OFF</p> <p>When you sign up for weekly or Bi-weekly Service</p> <p>new customers ONLY. Call for detail.</p> <p>Fabulous MAIDS (202) 569-3701 Veteran Owned Company</p>
---	---	---	--

Used Kawai YAMAHA'S SchaeffersPiano.com

All pictures and prices on website Now!

301-424-1144

BARRY BROWNSTEIN

According to the latest NPR-IBM Watson Health poll, "42 percent of those polled said they were angrier in the past year." Most of us think we are better than average. We believe others are getting even angrier than we are: "Some 84 percent of people surveyed said Americans are angrier today compared with a generation ago." No wonder some popular politicians speak like they are in a perpetual rage. For many, their success depends upon attracting angry voters. And it's not just in the political arena that anger rules the day. Harvard University law professor Ronald Sullivan, forced to step down as a faculty dean, wrote of "angry demands" on college campuses: "Unchecked emotion has replaced thoughtful reasoning on campus. Feelings are no longer subjected to evidence, analysis or empirical defense. Angry demands, rather than rigorous arguments, now appear to guide university policy."

In his "Meditations," Marcus Aurelius observed: "It's courtesy and kindness that define a human being. That's who possesses strength and nerves and guts, not the angry whiners." Stop Feeding Your Anger A few months ago, my wife and I missed our highway exit. When we exited to retrace our steps, we found ourselves backed up at a traffic light. Each time the light turned green, only five cars could make it through before it turned red again. My thinking rified on getting to our destination on time. As I railed against reality and behaved boorishly, my wife sat, well, stoically. At that moment, I was sure my anger was coming from the traffic light. I didn't sign up for a poorly controlled intersection and a delayed trip. Take the issue away, and I would be calm again. Wrong. Anger starts with an internal decision to be angry. If we want to be angry, we will find things to be angry about.

“You shouldn't give circumstances the power to rouse anger, for they don't care at all.”

Marcus Aurelius

Continued on Page 11

TRADITIONAL CHINESE MEDICINE

What Chinese Medicine Says About Sweets

LYNN JAFFEE

When I think about the amount of sugar I ate as a child, I am appalled. Every holiday was a love-fest of jelly beans, chocolate kisses, candy canes, and frosted cookies. At the time, we didn't know any better, other than the fact that we were making our local dentist wealthy.

Now we know better, but unfortunately we eat far more sugar today than we did back then, both in the form of sweets and sugars hidden in foods that have no business sporting sugar at all. We now know that sugar is not our friend and should be avoided.

However, according to Chinese food therapy, the nature of sweets is far more nuanced than being labeled as good or bad. Here are nine things to know about sweets according to Chinese medicine:

1. Each organ system has a flavor associated with it, in which a little bit of that flavor strengthens the system, but too much overwhelms it. In Chinese medicine, the flavor of sweetness affects your stomach and spleen; your body's system of digestion.

2. It's natural to crave something a little sweet after a meal, because the sweet flavor acts as a digestive aid. So a piece of fruit or a small square of chocolate helps you relax and digest your food. A problem arises when you try to satisfy that mildly sweet craving with a piece of triple

chocolate peanut butter cheesecake topped with ice cream. It completely overwhelms your digestive process.

3. When your digestion is overwhelmed with sweets, the most common result is something called dampness, which is the digestive process getting bogged down and not metabolizing fluids very well. This is another case of a little is good, but too much is not good.

Your body needs to be moist, but when your digestive process gets boggy, it becomes too damp and the resulting moisture settles in puddles. Problems like yeast infections, athlete's foot, bladder infections, water retention, oral thrush, and even excess body fat are considered your body's damp puddles.

4. There's more bad news. If that dampness sticks around over time, it also becomes hot. In Western medicine, that translates into inflammation. Conditions such as gout, arthritis, infections, shingles, irritable bowel syndrome, and sinus problems are in most cases considered to be damp plus heat in Chinese medicine.

5. When you have crazy, out-of-control cravings for sweets, it is a sign that your digestion is struggling. Unfortunately, giving in to those kinds of cravings only makes the problem worse.

6. In addition, the sweeter the food, the more dampening it is to your body.

7. Now the good news. Foods that are slightly sweet are actually nourishing because eating those foods and digesting them well replenishes your body's energy, blood, and nutrients. But you only need a little sweet, and the right kind.

8. The right kind of sweet-flavored foods are those considered to be full sweet. They are warming and nourishing, and include complex carbohydrates, proteins, rice, sweet potatoes, and root vegetables. (Think of yams or carrots: sweet, but not overwhelming.)

Empty sweets are the ones to avoid or eat only in small amounts. They tend to be cooling and dispersing (moving), and include simple sugars, refined carbohydrates, honey, raw sugar, and artificial sweeteners. They tend to offer up empty calories, are not very

nourishing, and engender dampness.

9. Unfortunately, the kinds of things that you crave when your digestion is funky or your energy is low are the empty sweets—cake, cookies, candy, doughnuts, and the like. However, it's the full-sweet foods that your body needs to satisfy those cravings, and make them go away for good.

While I don't eat the kinds of sweets that I did as a child, every once in a while, I will have something that is very empty sweet. It reminds me of the doughnuts, chocolate chip cookies, and thickly frosted cakes that I ate growing up. The bloated, tired feeling I get afterward also reminds me why I don't eat them more often.

Lynn Jaffee is a licensed acupuncturist and the author of "Simple Steps: The Chinese Way to Better Health." This article was originally published on AcupunctureTwinCities.com

In Chinese medicine, the flavor of sweetness affects your stomach and spleen; your body's system of digestion.

HITDELIGHT/STOCKPHOTO

"A Life-Changing Experience."

—Stage Whispers

Cannot Be Seen in Communist China

"A fascinating insight

into what China's culture used to be and what I hope one day will be restored to China."

—Edward McMillan-Scott, former Vice-President of the European Parliament

"It is breathtaking!

I am walking away deeply inspired and profoundly moved!"

—Rita Cosby, Emmy Award-winning journalist

"Mesmerizing!

I encourage everyone to see and all of us to learn from."

—Donna Karan, creator of DKNY

"A must-see!"

—Broadway World



神韻晚會 2020
SHEN YUN

MAR 5–29 LINCOLN CENTER APR 23–29 NJPAC

BUY TICKETS NOW: ShenYun.com/NY | 888.907.4697