

Buy Stocks That Are Rising

Dr. Ron Kaiser January 18, 2014 No Comments

Buy Stocks That Are Rising (Transcription)

[audio:<http://www.thementalhealthgym.com/wp-content/uploads/2012/07/Buy-Stocks-That-Are-Rising.mp3> | titles=Buy Stocks That Are Rising | artists=Dr. Ron Kaiser]

Hi everybody this is doctor Ron Kaiser with your podcast for August 2013 from The Mental Health Gym. This month's podcast is entitled "buy stocks that are rising". As you might suspect the podcast really does not have much to do with the stock market but it drives upon the world of the market in order to try to make some points with respect to our concepts that we try to emphasize in the mental health gym and positive psychology and goal achieving psychotherapy.

I would like to start by saying that I use a discount broker and kind of manage my own stock portfolio as small as it is, I don't do all that well in managing it but I have paid people in the past also some service brokers who did not do all that well either, so I kind of enjoy doing it as well as gaining a little bit of sense of control taking full responsibility for gains and losses and I occasionally pick up some words of wisdom from some of the financial newsletters that I read to help guide me toward making choices. One of the gurus in the financial world wrote a bit of wisdom at one point that has really resonated with me.

He said essentially that the best thing to do is to buy stocks that are rising, he pointed out that many people really try to outguess the market and just try to hit that point where they are going to buy a stock or a fund at its low so that they can ride it all the way up to the top, it does not work very often for most people.

There aren't that many people who get rich by time in the market. This person stated that you know what you are better off doing is get a look at stock lists are rising, they probably reflect the fact that there is demand for their goods and services that they represent companies that are well managed and so on. Of course you are taking a chance that you may be buying it at the time that its rising to its top and you may at some point have to sell it on the way down but the odds are really in your favor if you buy stocks that are rising in other words if you are buying stuff that works. Now if we keep that in mind perhaps we can apply that to our lives in other ways. Obviously I am interested in seeing how it applies to the world of positive psychology and that's what I would like to talk about today.

You know positive psychology did not just get created out of nothing, it really came from a background of science and a great deal of research that pointed out a few things, pointed out the fact that based upon the research that optimistic people tended to become more successful and have better health than pessimists, people who tend to be involved with others socially tend to have heightened well being and lowered level strict levels of stress.

People who tend to be active ,tend to be less depressed and if they maintain the activity levels into later adult hood they tend to be able to function actively in their so called golden years or senior years and this combination of optimism ,activity, involvement with others and paying attention to health and exercise tends to ward off the potential for dementia ,so we have got a whole lot of stuff that indicates the fact that the principles we talk about work that they tend to lead to a better quality of life, enhance well being, better health and in general, greater chances for success and this again is based on studies that have followed people from before they were successful ,before they were as accomplished, and found that we are talking about people who were optimistic before .It was not that hey they got successful and they decided to hey this is pretty good

we can be happy about it ,in fact there are lot of pretty wealthy people who just don't seem to enjoy it enough and they seem to have carried forward a method of thinking that has been negative for a long period of time.

There is a good deal of evidence therefore that people are kind of hard wired to be positive in their functioning .In other words if we start out optimistically we are really tapping into the inner core, the infrastructure that enables us to be human, to be involved to be happy ,it's kind of a same thing as buying into a stock that's going up if all the research is kind of suggested the fact that optimistic people, active people, socially involved people and people who care about their health and combination are the people who tend to do best in the long run as well as very often in the short run too but definitely over time then why don't we buy into that .That is really the premise upon which the mental health gym works and the argument that I am making in august.

Let's think about committing ourselves to the notion of our default emotion and our default cognitive process those in the direction of optimism that our first option is to think about what can go right to stay positive, to stay active, to not think in terms of what can go wrong. Now I understand that there is a body of the population that tends to have been brought up on the notion that hey I am gonna think the worst and then if something good happens then I am going to be surprised .

I have never understood that, nothing of thinking very much ,I don't know what the downside is if thinking positively and you can always adjust to things not going right but in the mean time if you are anticipating failure before t occurs you are gonna spend lot of time feeling miserable when you don't really have to. In addition to the fact that's really contrary to buying stocks that are rising, it is really

contrary to buying into what the research has determined is the most effective way for people to function .

So I really implore you this month to think in terms of buying into what works, buying stocks that are rising and buying into the notion of being positive, active, healthy and forward looking and involve with others, you won't be disappointed.

Let me know what you think this is Dr. Ron Kaiser this has been your august 2013 podcast for the mental health gym .Here is hoping for a very positive rest of the summer season and looking forward to speaking with you again in September.