

Ticks.
Pips.
Handles.
Shares.
Contracts.
Points.

NO MATTER WHAT YOU TRADE
WE SPEAK YOUR LANGUAGE.

Broadcasting global news &
Instant analysis 24hrs daily in
both audio & text formats.

Contact a relationship manager
to see which news package
works best for you.

FREE TRIAL 1.888.311.NEWS

www.TradeTheNews.com

(001.212.884.8080 Int'l)

TRADE THE NEWS
americas europe asia

OPEN

ONE ANGRY MAN

Is your temper killing you?

DOCTOR'S
ORDERS

STRESSED AND IRRITABLE?

Lashing out at friends, loved ones and fellow traders like Alec Baldwin charbroiling his daughter? It might behoove you to tone it down: Anger can be professionally deleterious — and might also be ravaging your health, says Dr. Traci Woods, a Los Angeles-based clinical psychologist who specializes in workplace anger management.

That's true whether you bottle your rage or blow up worse than your idiot clerk day-trading CDO swaps on the Belarus Stock Exchange. Recent Harvard studies found that anger diminishes lung capacity and that the perpetually P.O.'ed are three times likelier than stoic types to develop heart disease. Yet "holding in [stress] is just as dangerous," Woods says. Suppressing anger can lead to depression, insomnia, anxiety and related ills.

Here's why: Anger riggers the release of

stress hormones that elevate your heart rate and blood pressure and can disrupt the heart's electrical impulses. Over time, stress can speed up atherosclerosis, the buildup of fatty artery plaque that is a major killer of American men.

"You need to be able to recognize what's normal stress" — when you realize you've accidentally taken a massive long position in your idiot clerk's Belarus play, say — "and what's excessive," Woods notes. "If you listen, your body will tell you."

The principal Rx is the usual: physical exercise, which releases endorphins that help counteract anger's harmful effects. Contradictory studies about the merits of holding in rage versus releasing it thus miss the point: Controlling it to begin with is the only remedy. The standard indignities of the trading day are one thing — but anxiety, depression and heart disease will *really* make a guy mad.



HOUSE OF ILL REPUTE: If those walls could talk . . . they'd speak Portuguese, actually.

colonial paradise (whose waters are still dotted with the odd shipwreck) that government mandarins in Lisbon no doubt wish they could take back.

The property is at once modest and breathtaking, with a smallish main house fronting a spectacular garden that features (in a nod to the region's history of frequent naval combat) six watchtowers equipped with lights, telescopes and 12 cannons — all the better to discern whether an offshore ship contains one of Rio's notorious narco-terrorist gangs or just Gisele Bündchen and 20 of her friends

with booze, snack food and lingerie in tow.

Included in the purchase price is a smaller, adjacent spit of land called Belvedere, easily reached by a thoroughly refitted (and thoroughly cool) tram, which will ferry you across 450 feet of track to the three-story Belvedere House. With its party deck and stellar sea views, Belvedere House is perfect for entertaining; your trading buds down from the States will love it — as will Gisele and her best gal-pals. The narco-thugs? They're a slightly tougher crowd, yes — but a few of those aforementioned rum cocktails will probably persuade them to relax and let their hair down for one night at least.

\$9 million. 011-49-40-33-8989; vlad-private-islands.de

BUY
THIS
ISLAND

Oh, Maia

WHO WANTS TO BE
A BRAZILLIONAIRE?

BRAZIL BOASTS innumerable attractions for the south-going trader with a fat stack of reais in his pocket: an immense emerging market that appears finally to have left the *caudillo* era behind; rum cocktails so potent they should probably be monitored by U.N. nuclear inspectors; and hordes of lithe women

so freakishly beautiful they seem to have been created in a test tube by the world's most precocious teenage boy.

To this delectable smorgasbord can now be added Maia's Island. Located in Angra dos Reis Bay — the azure, fish-fattened waters just off the coast of Rio de Janeiro — Maia is 22 acres of Portuguese-

TRADER TICKER

2008

PER CAPITA GROSS DOMESTIC PRODUCT (AT PURCHASING-POWER PARITY), IN THOUSANDS OF U.S. DOLLARS, OF BRAZIL, THE COUNTRY OFF WHOSE EAST COAST MAIA'S ISLAND SITS

WRITERS: CRISTINA VELOCCI (DOCTOR'S ORDERS); ERIC CAPPER (BUY THIS ISLAND); PHOTO ILLUSTRATION BY HARRY AND LLOYD (TOP)