

Nervous about that upcoming job interview?

by Harry Dahlstrom | HarryDahlstrom.com/FreeStuff

Well, before you head into the hiring manager's office, visit the rest room and lock your self into a stall. Then, strike the Superman pose. You know, feet apart, standing tall, hands on your hips, gazing upward. Hold that pose for two full minutes. You could walk into the interview feeling like you could change the world.

A study by Harvard psychologist and researcher Amy Cutty found that power posing decreased cortisol (the stress hormone) by about 25 percent. It also increased testosterone (the hormone linked to power and dominance) by 19 percent. It works equally well for both men and women.