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Context to the nugget

Vishy discusses his approach to dealing with losses. He candidly talks about how his approach to dealing with losses has not changed significantly over time. He talks about how he tries to clear the baggage of the past to ensure that he is fully present on the Chess Board at any point in time. He also discusses about how Chess is like other disciplines such as Science and History where you are often standing on the shoulders of giants in the context of discovering the next breakthrough.

Transcription

Deepak Jayaraman (DJ): What's been your approach to dealing with losses? What has been the best loss for you in terms of what you learnt the most from?

Viswanathan Anand (VA): I don't think there is the loss you enjoy or learn from, I believe there a loss will almost always because of the shock effect force you to question everything that you assumed for a while it makes you uncomfortable in a very good way so losses are good but no mean getting easier over experience in fact in anything I am much worse losing now than before, well people say you seem like a very well behave loser, but inside I am dying, I am just waiting get into the room and hit my head against the wall but you know you are frustrated and how do I cope? I try to get a grip on myself, I know that it's important to sleep and play the next game well, of course if you have a rest day your tournament is over then you react differently because then you can let go a bit slower but otherwise subconsciously you learn to focus on the next game because you have to clear the baggage from this one and it may force you to work bit harder for a while and the pain will help you more to work harder for a while, I don't think I have gotten better in any way handling losses.

DJ: Is there any technique that you use to stay present to sort of just focus on the moment it hands and forget the moment at hand at forget the baggage?

VA: Sometimes getting up stretching your arms stretching a bit taking a couple of deep breaths things like that help, I always say that you can't to calculate better, what you can do is show your brain enough examples that when the moment comes it conscious of threat effect, I think there are many things in chess that you cannot solve, simply by saying I am going to sit here and calculate it because that's not how the human brain works, essentially its standing on shoulder of the giant things, once you reached to a certain level, you can stand at that level and then suddenly you will see new things which you would not have been seen before, and like that you get better so if you see other people games it will show new concepts and once you seen a new concept it's easy to learn how to play it creatively but I don't think we can find things from the scratch and which is same in any career, I means a scientist is hardly get in a divining up new stuff based on good study of the history of science, his coming up with the new ideas and is very similar in chess.

Reflections from Deepak Jayaraman

DJ: I am reminded of the Harvard Business Review article – Crucibles of Leadership – written by Warren Bennis and Robert Thomas. They talk about how highly effective leaders are able to extract strength and wisdom from their most trying experience and bring it to bear when they are put to test. Vishy alludes to a similar approach in the way he deals with failures. One of my earlier guests was Dheeraj Pandey, an entrepreneur in Silicon Valley. He spoke about the notion of creating a culture of Anti-fragility, a term coined by Nicholas Nassim Taleb. It has a profound implication on how you and the organization react to and learns from losses.

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End of nugget transcription

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Viswanathan Anand - Nuggets

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About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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