

# Investing and karate go together, says Hagerman

BY MARTIN C. BARRY

Westmount resident Mary Hagerman, an investment advisor who is also a second Dan black belt in Shotokan karate, recently released a book with an interesting spin.

In *The Black Belt Investor*, Hagerman maintains she learned to apply certain principles from karate to investing, such as discipline, focus and the importance of

not being carried away by emotions, which could lead to serious investment mistakes.

“Emotion and greed are the investor’s worst enemies,” Hagerman told the *Independent*.

A launch for the book, published by Lioncrest Publishing, was held February 3 at the The Windsor downtown. Proceeds from the evening’s book sales were to go to the Montreal Children’s Hospital.



Westmount investment advisor Mary Hagerman, photographed outside the Westmount Y, where she practises karate, has just released a new book.