

One Soup Recipe to Consider

One has not only an ability to perceive the world but an ability to alter his perception of it; or, more simply, one can change things by the manner in which one looks at them.

—Tom Robbins, author of *Even Cowgirls Get the Blues*

AT THE PIVOTAL MOMENT in the movie *Kung Fu Panda*, Po finally opens the Dragon Scroll to unlock the secret to unlimited powers, and all seems lost when he sees only his reflection. But just a scene or two later . . . *dun dun dunnn* . . . he realizes that the secret is that there is no secret, just as his father’s “secret ingredient soup” is just plain old noodle soup. Serious kung fu mayhem ensues.

Those plot twists may follow a tired formula, but they seem a good way to set up the research and recommendations in this chapter. We’ll test the checklist approach by using chapter 13’s indicators (the *primary indicators*) to construct a composite indicator (the *composite*). The results show that secret ingredients are unnecessary. . . .