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The Fed Is Hawkish. 2 Mantras to Guide Your Investing.

By Steve Sosnick Updated September 2, 2022 / Original September 1, 2022

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The phrase “don’t fight the Fed” is widely credited to Martin Zweig, a long-time fixture in *Barron’s*. The rationale is deceptively intuitive. If the Federal Reserve is cutting interest rates or is generally accommodative, then the ensuing liquidity should provide a positive backdrop for risk assets like stocks. If the Fed is raising rates or constraining liquidity, that activity tends to be a headwind for equities and other assets.