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"The best traders in the world know that being mentally prepared is absolutely essential to compete in today's markets. Without a firm understanding of the psychology of trading, even the best stock picker will fail. The Trading Athlete gives specific instruction on how new and seasoned traders can keep themselves at the top of their mental game."-Tim Bourquin, Cofounder, TraderInterviews.com and The Online Trading Expo "This book is a great training camp for online traders. Doug and Shane will provide the knowledge and motivation to help you become a successful trader."-Jonathan Markowitz, Partner, SMW Trading Co., Inc. Traders, just like athletes, face tremendous pressure, stress, and expectations that would crush the ordinary, unprepared individual. The Trading Athlete utilizes sport psychology strategies to provide you with the knowledge, confidence, and discipline needed to succeed and profit in the sink-or-swim world of online trading. Using real-world examples of athletes and online traders, this book will help you reach the peak of your online trading performance with in-depth analysis of: * Building confidence in good times and bad * Handling losses by examining your methods * Focusing and maintaining concentration * Playing the game one trade at a time Through sport psychology strategies exemplified by John Elway, Arthur Ashe, and other athletes, you will finally begin to trade and survive in the big leagues.

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A step-by-step system for mastering trading psychology. Think about your most costly and recurring trading mistakes. Chances are that they're related to common errors, such as chasing price, cutting winners short, forcing mediocre trades, and overtrading. You've likely tried to fix these errors by improving your technical skills, and yet they persist. That's because the real source of these mistakes is not technical—they actually stem from greed, fear, anger, or problems with confidence and discipline. If you are like most traders, you probably overlook or misunderstand mental and emotional obstacles. Or worse, you might think you know how to manage them, but you don't, and end up losing control at the worst possible time. You're leaving too much money on the table, which will either prevent you from being profitable or realizing your potential. While many trading psychology books offer sound advice, they don't show you how to do the necessary work. That's why you haven't solved the problems hurting your performance. With straight talk and practical solutions, Jared Tendler brings a new voice to trading psychology. In The Mental Game of Trading, he busts myths about emotions, greed, and discipline, and shows you how to look past the obvious to identify the real reasons you're struggling. This book is different from anything else on the market. You'll get a step-by-step system for discovering the cause of your problems and eliminating them once and for all. And through real stories of traders from around the world who have successfully used Tendler's system, you'll learn how to tackle your problems, improve your day-to-day performance, and increase your profits. Whether you're an independent or institutional trader, and regardless of whether you trade equities, forex, or cryptocurrencies, you can use this system to improve your decision-making and execution. Finally, you have a way to reach your potential as a trader. Now's the time to make it happen.

High Performance Trading provides proven practical techniques and strategies to help traders of all abilities, experience levels and styles to enhance their trading performance and psychology. Based on practical coaching and training interventions, personal experiences, the latest research and feedback, and advice from leading traders, trading coaches and trading psychologists, this book offers something for everyone who wants to become a better trader. - Discover how to avoid the common pitfalls of trading and how to take the practical steps that can set you up for trading success. - Strengthen your trading discipline as you discover the art of flawless execution. - Develop and hone your mental edge through learning to think like a successful trader. - Programme yourself for trading success with powerful mental conditioning techniques. - Develop unshakeable focus and concentration and learn how to get into the trading zone. - Understand how to achieve and sustain a core of trading confidence. - Learn how to utilise simple techniques to manage your emotional states. - Build resilience to cope with trading stresses, and pressures and manage losses, setbacks and errors. - Move towards greater consistency and success in your trading performance.

Through his own trading experiences and those of individuals he has mentored, Dr. Brett Steenbarger is familiar with the challenges that traders face and the performance and psychological strategies that can meet those challenges. In Enhancing Trader Performance, Steenbarger shows you how to transform talent into trading skill through a structured process of expertise development and reveals how this approach can help you achieve market mastery.

With Winning the Trading Game, investment expert Noble Drakoin helps you develop and refine the mental discipline and practical skills needed to ensure trading success. This detailed guide will put you in a better position to use technical analysis to identify profitable trades and exit losing trades; maximize the leverage available in futures and Forex, without endangering your capital base; and control risk by utilizing appropriate strategies for each type of opportunity and time frame.

Even the best trading system can prove disastrous if the trader doesn't have the ability to stick to their strategy. Featuring real-life case studies, The Psychology of Trading presents a step-by-step, goal-oriented approach to trading that emphasizes ways to keep emotions in check, overcome self-doubt, and focus clearly on a winning strategy.

An inside look at what it really takes to become a better trader A proprietary trading firm consists of a group of professionals who trade the capital of the firm. Their income and livelihood is generated solely from their ability to take profits consistently out of the markets. The world of prop trading is mentally and emotionally challenging, but offers substantial rewards to the select few who can master this craft called trading. In One Good Trade: Inside the Highly Competitive World of Proprietary Trading, author Mike Bellafiore shares the principles and techniques that have enabled him to navigate the most challenging of markets over the past twelve years. He explains how he has imparted those techniques to an elite desk of traders at the proprietary trading firm he co-founded. In doing so, he lifts the veil on the inner workings of his firm, shedding light on the challenges and insight on why traders succeed or fail. An important contribution to trading literature, the book will help all traders by: Emphasizing the development of skills that are critical to success, such as the Fundamentals of One Good Trade, Reading the Tape, and finding Stocks In Play Outlining the factors that really make the difference between a consistently profitable trader and one who underperforms Sharing entertaining, hysterical, and page turning stories of traders who have excelled or failed and why, many trained by the author, with an essential trading principle wrapped inside Becoming a better trader takes discipline, skill development, and statistically profitable trading strategies, and this book will show you how to develop all three.

Praise for THE DAILY TRADING COACH "A great book! Simply written, motivational with unique content that leads any trader, novice or experienced, along the path of self-coaching. This is by far Dr. Steenbarger's best book and a must-have addition to any trader's bookshelf. I'll certainly be recommending it to all my friends." -Ray Barros CEO, Ray Barros Trading Group "Dr. Steenbarger has been helping traders help themselves for many years. Simply put, this book is a must-read for anyone who desires to achieve great success in the market." -Charles E. Kirk The Kirk Report "Dr. Brett", as he is affectionately known by his blog readers, has assembled a practical guide to self coaching in this excellent book. The strategies he outlines are further enhanced with numerous resources and exercises for the reader to refer to and keep the principles fresh. I enthusiastically encourage anyone interested in bettering their trading and investing to read this book and keep it on their desk as a constant source of learning." -Brian Shannon, www.alphatrends.net author of Technical Analysis Using Multiple Timeframes "Dr. Brett has distilled his years of experience, as both a trader and a psychologist/coach, into the 101 practical lessons found in The Daily Trading Coach. Those lessons provide effective strategies for coping with the stumbling blocks that traders often face. This book should be a cornerstone of any serious trader's library." -Michael Seneadza equities trader and blogger at TraderMike.net

The creator of the acclaimed Forex Course for Smart Traders shows you how to trade smarter than Wall Street and quants. Most traders learn to trade the wrong way, and realize only years later that their trading system has been focused on all the wrong things. You can save yourself countless hours and dollars by learning to trade Forex based on the principles and practices of history's greatest traders. Discover what works and what doesn't. It's doing the simple things well that will yield the best results in trading. If you fail to master the fundamentals of successful trading, you are virtually guaranteed to fail long-term because of poor risk management. In this book you'll learn: . The 25 beliefs of highly successful traders and how to model them . The scientific path to financial freedom using a trading system that creates consistent profits again and again . How to develop a working model of the forex market that allows you to spot opportunities and avoid mistakes . How to get an edge and trade like the "house" without an algorithm or inside information . How to set simple objectives that let you risk less and win big more often . How to run your trading business like a hedge fund . The one secret the world's top trading psychologist recommends . How to balance your trader, analyst, and risk manager roles . The 12 daily tasks of top Forex traders . How to get in the trading zone like an elite athlete