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poker than in any other form of competition. It's one of the only games in the world where you can play perfectly and lose—again and again. Hundreds of poker players have turned to mental game coach Jared

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Of Poker And  
Anger On The  
Tables So You  
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recommend The  
Mental Game of  
Poker to every  
player in the

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world,  
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regardless of  
game or stakes  
played. The  
concepts covered  
and skills you  
gain from it are  
invaluable and  
will lead to  
major  
improvements for  
everyone. This  
is a timeless  
piece of poker



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learning, and  
I'm sure that 50  
years from now  
players will  
still be talking  
about it. ...

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Improving ...**

Since its  
publication in  
2011, Jared

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Tendler's The Mental Game of Poker has also earned a place among Sklansky, Caro, Brunson, and Harrington in the poker literature canon. It has truly established itself as a new must-read for

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When poker  
players think of  
the mental game,  
they typically  
think of tilt,  
fear,  
motivation, and  
confidence

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problems.

However, they rarely consider factors such as focus, decision making, and discipline as a means to elevate their game and increase their edge.

**The Mental Game**

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**Podcast - Jared  
Tendler**

The text  
succinctly  
teaches you how  
to recognize  
tilt and other  
mental game  
issues, and  
gives you  
concrete  
strategies in  
resolving them,  
while the

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Client's Stories  
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are all very  
relatable and  
give good  
insight into  
poker mental  
game issues from  
a player's  
perspective.

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The Mental Game of Poker 2 expands on the psychological strategies and theories from Tendler's groundbreaking book, The Mental Game of Poker, which cracked the code on managing tilt and has helped

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thousands of  
players  
eliminate mental  
leaks from their  
games.

**The Mental Game  
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Jared Tendler**

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19th, 2018 101,  
Poker. If the

outcome of every  
poker game was  
determined by  
the cards we are  
dealt, there  
wouldn't be much  
to this game.

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of Poker on  
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Mental Game

Quite simply,  
Jared Tendler is  
the best coach  
for the mental  
game. He is to  
poker as Bob  
Rotella is to  
golf. Its  
probably one of  
the most  
important  
aspects to

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master in poker,  
as it will  
affect your play  
no matter what  
your skill  
level.

## **The Mental Game Of Poker**

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approach to help  
them play their  
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how badly  
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an exclusive  
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Mastering the  
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books on the  
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new, step by  
step guide on  
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## **The Mental Game of Poker - Jared Tendler**

Here are some suggestions and notes about the book so you can get the most out of it. 1. This book covers the four central areas of every

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poker player's  
mental game:

Tilt, Fear,  
Motivation, and  
Confidence.

There are other  
areas that are  
important, such  
as focus,  
discipline,  
decision making,  
and playing in  
the zone.

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