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Trading in the Zone : Maximizing Performance with Focus and Discipline Trading in the Zone expands psychological strategies for successful trading and represents three more years of experience in working with a variety of traders on issues ranging from portfolio size and strategy to traditional coaching issues pertaining to performance, motivation, and recovery from failure.

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Trading in the Zone : Maximizing... book by Ari Kiev

There are many psychological factors that can affect the decisions one makes in the course of a trading day. This book focuses on overcoming issues such as anxiety, fear, and over-ambition so that traders can become more focused and be more successful-in other words, enter the zone-and stay in it as long as possible.

Trading in the Zone: Maximizing Performance with Focus and ...

Trading in the Zone: Maximizing Performance with Focus and Discipline - Ebook written by Ari Kiev. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read Trading in the Zone: Maximizing Performance with Focus and Discipline.

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Ari Kiev is the man Steve hired to be the in house psychologist at SAC capital, which is probably the most successful hedge fund the past 20 years barring the insider trading issues. Ari's books are the most valuable books a professional hedge fund type trader can read and study.

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Trading in the Zone helps you gauge the extent to which your effectiveness is being hamstrung by common problems such as anxiety, fear of failure, negative self-image, and greed.

Trading in the Zone : Maximizing... - Kiev, Ari Trading To ...

This work, Ari Kiev's Trading to Win and Douglas' Trading in the Zone and The Disciplined Trader, along with Dr. Richard McCall's The Way of the Warrior-Trader should be the required reading for anyone seeking to trade the financial markets.

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In this book the reader will learn that maximizing the trader's state of mind is the key to successful results. Douglas teaches traders to think in terms of probabilities and to adopt the core beliefs necessary to assuming the "winner's mindset." Traders in the "zone" don't need to know ~ and don't care ~ what the market is going to do next.

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