

The Trading Athlete Winning The Mental Game Of Online Trading Wiley Trading

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

"After years of rumors and speculation, Matt Hart sets out to peel back the layers of secrecy that protected the most

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powerful coach in running. What he finds will leave you indignant—and wondering whether anything in the high-stakes world of Olympic sport has truly changed." —Alex Hutchinson, New York Times bestselling author of *Endure* *Game of Shadows* meets *Shoe Dog* in this explosive behind-the-scenes look that reveals for the first time the unsettling details of Nike's secret running program—the Nike Oregon Project. In May 2017, journalist Matt Hart received a USB drive containing a single file—a 4.7-megabyte PDF named "Tic Toc, Tic Toc. . . ." He quickly realized he was in possession of a stolen report prepared a year earlier by the United States Anti-Doping Agency (USADA) for the Texas Medical Board, part of an investigation into legendary running coach Alberto Salazar, a Houston-based endocrinologist named Dr. Jeffrey Brown, and cheating by Nike-sponsored runners, including some of the world's best athletes. The information Hart received was part of an unfolding story of deception which began when Steve Magness, an assistant to Salazar, broke the omertà—the Mafia-like code of silence about performance-enhancing drugs among those involved—and alerted USADA. He was soon followed by Olympians Adam and Kara Goucher who risked their careers to become whistleblowers on their former Nike running family in Beaverton, Oregon. Combining sports drama and business exposé, *Win at All Costs* tells the full story of Nike's running program, uncovering a corporate win-at-all-costs culture.

Unique insights into how the mind of an investor operates and how developing emotional awareness leads to long-term success *Inside the Investor's Brain* provides readers with specific techniques for understanding their financial psychology, so that they can improve their own performance and learn how to outsmart other investors. Chapter by chapter, author Richard Peterson addresses various mental traps and how they play a role in investing. Through

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examples, such as a gambling experiment with playing cards, the author shows readers how being aware of the subconscious can separate the smart investors from the average ones. This book also contains descriptions of the work of neuroscientists, financial practitioners, and psychologists, offering an expert's view into the mind of the market. Innovative and accessible, *Inside the Investor's Brain* gives investors the tools they need to better understand how emotions and mental biases affect the way they manage money and react to market moves.

Dr. Doug Hirschhorn skillfully weaves his lessons learned as a former Division I athlete, knowledge acquired while earning a PhD in psychology and experience gained as a trader and peak performance coach in *Portfolio Manager's Playbook*. Readers will get a peek at his personal playbook and learn the techniques that have made Dr. Doug an in-demand peak performance coach and speaker. *Portfolio Manager's Playbook* reveals how to maximize your individual skill set no matter what your background or personality type may be—to become an even greater trader or portfolio manager.

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

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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.

Use popular chart patterns profitably In his follow-up to the well-received *Encyclopedia of Chart Patterns*, Thomas Bulkowski gives traders a practical game plan to capitalize on established chart patterns. Written for the novice investor but with techniques for the professional, *Trading Classic Chart Patterns* includes easy-to-use performance tables, vivid case studies, and a scoring system that makes trading chart patterns simple. This comprehensive guide skillfully gives investors straightforward solutions to profitably trading chart patterns. *Trading Classic Chart Patterns* also serves as a handy reference guide for favorite chart patterns, including broadening tops, head-and-shoulders, rectangles, triangles, and double and triple bottoms. Filled with numerous techniques, strategies, and insights, *Trading Classic Chart*

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Patterns fits perfectly into any pattern trader's arsenal. Thomas N. Bulkowski (Keller, TX), an active investor since 1981, is the author of the highly acclaimed Encyclopedia of Chart Patterns (Wiley: 0471295256) as well as numerous articles for Technical Analysis of Stocks & Commodities. Trained as a computer engineer, Bulkowski worked for over a decade at Tandy Corporation. Prior to that, he worked on the Patriot air defense system for Raytheon. New technology and the advent of around the clock trading have opened the floodgates to both foreign and domestic markets. Traders need the wisdom of industry veterans and the vision of innovators in today's volatile financial marketplace. The Wiley Trading series features books by traders who have survived the market's ever changing temperament and have prospered—some by reinventing systems, others by getting back to basics. Whether a novice trader, professional or somewhere in-between, these books will provide the advice and strategies needed to prosper today and well into the future. Very few careers can offer you the freedom, flexibility and income that day trading does. As a day trader, you can live and work anywhere in the world. You can decide when to work and when not to work. You only answer to yourself. That is the life of the successful day trader. Many people aspire to it, but very few succeed. Day trading is not gambling or an online poker game. To be successful at day trading you need the right tools and you need to be motivated, to work hard, and to persevere. At the beginning of my trading career, a pharmaceutical company announced some positive results for one of its drugs and its stock jumped from \$1 to over \$55 in just two days. Two days! I was a beginner at the time. I was the amateur. I purchased 1,000 shares at \$4 and sold them at over \$10. On my very first beginner trade, I made \$6,000 in a matter of minutes. It was pure luck. I honestly had no idea what I was doing. Within a few weeks I had lost that entire

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\$6,000 by making mistakes in other trades. I was lucky. My first stupid trade was my lucky one. Other people are not so lucky. For many, their first mistake is their last trade because in just a few minutes, in one simple trade, they lose all of the money they had worked so hard for. With their account at zero, they walk away from day trading. As a new day trader you should never lose sight of the fact that you are competing with professional traders on Wall Street and other experienced traders around the world who are very serious, highly equipped with advanced education and tools, and most importantly, committed to making money. Day trading is not gambling. It is not a hobby. You must approach day trading very, very seriously. As such, I wake up early, go for a run, take a shower, get dressed, eat breakfast, and fire up my trading station before the markets open in New York. I am awake. I am alert. I am motivated when I sit down and start working on the list of stocks I will watch that day. This morning routine has tremendously helped my mental preparation for coming into the market. Whatever your routine is, starting the morning in a similar fashion will pay invaluable dividends. Rolling out of bed and throwing water on your face 15 minutes before the opening bell just does not give you sufficient time to be prepared for the market's opening. Sitting at your computer in your pajamas or underwear does not put you in the right mindset to attack the market. I know. I've experienced all of these scenarios. In *How to Day Trade for a Living*, I will show you how you too can take control over your life and have success in day trading on the stock market. I love teaching. It's my passion. In this book, I use simple and easy to understand words to explain the strategies and concepts you need to know to launch yourself into day trading on the stock market. This book is definitely NOT a difficult, technical, hard to understand, complicated and complex guide to the stock market. It's concise. It's practical. It's

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written for everyone. You can learn how to beat Wall Street at its own game. And, as a purchaser of my book, you will also receive a membership in my community of day traders at www.vancouver-traders.com. You can monitor my screen in real time, watch me trade the strategies explained in his book, and ask questions of me and other traders in our private chat room. I invite you to join me in the world of day trading. I'm a real person who you can connect with. I'm not just a photograph here on the Amazon site. I love what I do. You can follow my blog post under Author Updates on my Author page on Amazon. It's honest. You'll see I lose some days. You can read the reviews of my book. I know you will learn much about day trading and the stock market from studying my book. You can join at no cost and with no obligation my community of day traders at www.vancouver-traders.com. You can ask us questions. Practical, hands-on knowledge. That's How to Day Trade for a Living.

Shortlisted for the 2021 Booker Prize Longlisted for the 2021 National Book Award for Fiction A heartrending new novel from the Pulitzer Prize-winning and #1 New York Times best-selling author of *The Overstory*. Named one of the Most Anticipated Books of 2021 by Newsweek, Los Angeles Times, New York Magazine, Chicago Tribune, BuzzFeed, BookPage, Goodreads, Literary Hub, The Millions, New Statesman, and Times of London The astrobiologist Theo Byrne searches for life throughout the cosmos while single-handedly raising his unusual nine-year-old, Robin, following the death of his wife. Robin is a warm, kind boy who spends hours painting elaborate pictures of endangered animals. He's also about to be expelled from third grade for smashing his friend in the face. As his son grows more troubled, Theo hopes to keep him off psychoactive drugs. He learns of an experimental neurofeedback treatment to bolster Robin's emotional control, one that involves training the boy on the recorded

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patterns of his mother's brain... With its soaring descriptions of the natural world, its tantalizing vision of life beyond, and its account of a father and son's ferocious love,

Bewilderment marks Richard Powers's most intimate and moving novel. At its heart lies the question: How can we tell our children the truth about this beautiful, imperiled planet?

Explains how Billy Beene, the general manager of the Oakland Athletics, is using a new kind of thinking to build a successful and winning baseball team without spending enormous sums of money.

Want to become a truly great trader – either for yourself or for a proprietary trading firm? This book will help you get there. This unique approach is the closest thing to signing up for a “trader boot camp” yourself! You'll learn by watching new traders walk through actual trades, explain what they've tried to do, and try to survive brutally tough expert critiques.

One trade at a time, *The Playbook* reveals how professional traders must think in order to succeed “under fire,” how they assess their own performance, and how they work relentlessly to improve. Using concrete, actionable setups drawn from his extensive trading and training experience, Bellafiore walks through an extraordinary array of trades, showing readers how to maximize profits and avoid disastrous hidden pitfalls. He covers support plays, bull-and-bear flags, opening drives, important intraday levels, bounce and fade trades, pullbacks, scalps, technical opportunities, consolidation, relative strength, market trades, and more. He also

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presents indispensable insights on psychology and trader development, based on his work with hundreds of traders on a major commodity exchange and an elite prop firm's trading desk. Packed with color, personality, and realism, this is an exciting guide to real-world trading.

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

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manage losses, setbacks and errors. - Move towards greater consistency and success in your trading performance.

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Read Dr. Doug Hirschhorn's posts on the Penguin Blog. Discover the success secrets of top performers who thrive in today's toughest frontline corporate jobs Hard-hitting and pragmatic, Hirschhorn's no-nonsense advice has inspired thousands via his lectures, one-on-one coaching, and media appearances. But 8 Ways to Great goes beyond inspiration to provide the practical tools that anyone can use-no matter what their profession or personal goals-to break through self-defeating behaviors and deluded thinking to truly excel. 1. Let your true passion be your core motivation. 2. Develop self-awareness and use what you know about both your strengths and weaknesses. 3. Set goals and game plans-and learn to love this process, because it is all about the process. 4. Identify your competitive advantage-what sets you apart and what will turn the odds in your favor. 5. Develop inner confidence that keeps you from judging yourself based on other's standards and expectations. 6. Keep your cool-and don't let emotions dictate your decisions. 7. Take risks yet act intelligently with imperfect information. 8. Be accountable.

CD-ROM contains: WINPHI software.

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An award-winning trainer draws on experience with such top athletes as Michael Jordan, Kobe Bryant and Ken Griffey, Jr. to explain how to tap dark competitive reflexes in order to succeed regardless of circumstances, explaining the importance of finding internal resources and harnessing the power of personal fears and instincts.

An investor's guide to understanding the most elusive (yet most important) aspect of successful investing - yourself. Why is it that the investing performance of so many smart people reliably and predictably falls short? The answer is not that they know too little about the markets. In fact, they know too little about themselves. Combining the latest findings from the academic fields of behavioral finance and experimental psychology with the down-and-dirty real-world wisdom of successful investors, Drs. Richard Peterson and Frank Murtha guide both new and experienced investors through the psychological learning process necessary to achieve their financial goals. In an easy and entertaining style that masks the book's scientific rigor, the authors make complex scientific insights readily understandable and actionable, shattering a number of investing myths along the way. You will gain understanding of your true investing motivations, learn to avoid the unseen forces that subvert your performance, and build your investor identity - the foundation for long-lasting investing success.

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Replete with humorous games, insightful self-assessments, entertaining exercises, and concrete planning tools, this book goes beyond mere education. *MarketPsych: How to Manage Fear and Build Your Investor Identity* functions as a psychological outfitter for your unique investing journey, providing the tools, training and equipment to help you navigate the right paths, stay on them, and see your journey through to success.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed.

“Introduced to *The Inner Game of Tennis* as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

Trading the financial markets is extremely difficult, but with the right approach, traders can achieve success. Nobody

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knows this better than authors Larry Pesavento and Leslie Joufflas, both traders and educators of traders, who have consistently used pattern recognition to capture profits from the markets. In *Trade What You See*, Pesavento and Joufflas show traders how to identify patterns as they are developing and exactly where to place entry and exit orders. While some patterns derive from the techniques of Wall Street's earliest traders and other patterns reflect Pesavento's emphasis on the geometry of market movements and Fibonacci numbers.. Filled with hard-won knowledge gained through years of market experience, *Trade What You See* outlines both a practical and sophisticated approach to trading that will be of interest to both novice and seasoned traders alike. Larry Pesavento is a forty-year veteran trader. He operates a Web site,

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 of prop trading 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*,

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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.

In all facets of life, most people strive for success. This could mean getting a promotion to vice-president, making the high school basketball team, having your children grow up to be good citizens, or getting the family together for holidays. Many of the elements of success are likely to include recovering from failure, short and long-term goals, perseverance, focused concentration, coping with adversity and keeping confident despite obstacles. To be successful requires many of these attributes and some people might consider them to be ingredients of mental toughness. But what is mental toughness? Let's look at the following examples and you can decide whether the person is mentally tough or not. A basketball player is injured and despite the fact that he may re-injure himself and hurt his long-term career, he decides to play in the championship game to help his teammates. A businesswoman is feeling really sick but she has a big presentation scheduled for today. Even though she might not be at her very best she "sucks it up" takes some medicine and goes into work to deliver her presentation. Are these examples of mental toughness or not? Would your conclusion be any different based on the outcome of the situation? For example would you say the businesswoman was mentally tough if she gave a great presentation but should have stayed home if, due to her illness, gave a poor presentation? These are difficult

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decisions, and people will typically come to different conclusions concerning what is mental toughness. In this book, I will provide evidence regarding the meaning of mental toughness. Its component will be broken down and tips for how to build mental toughness will be provided. So get started on the journey of understanding mental toughness and taking concrete steps to become more mentally tough. Douglas uncovers the underlying reasons for lack of consistency and helps traders overcome the ingrained mental habits that cost them money. He takes on the myths of the market and exposes them one by one teaching traders to look beyond random outcomes, to understand the true realities of risk, and to be comfortable with the "probabilities" of market movement that governs all market speculation. Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski mountaineering, and other endurance sports that require optimum fitness and customized strength

Increased marketplace volatility and the expanding size of capital markets have led to an explosion of interest in options on futures. What makes these instruments so attractive is that they allow traders to profit from movements in the markets using little up-front capital and plenty of leverage. At the same time, they provide an excellent hedge against the risks associated with capital market investments. This book demystifies these notoriously difficult-to-understand instruments and provides state-of-the-art strategies and tools for making the most of options on futures. John F. Summa (New Haven, CT) is a CTA and cofounder of OptionsNerd.com, an online service providing market commentary, trading advisories, and assistance with trading system development. Jonathan Lubow (Randolph, NJ) is cofounder and Vice President of Trader's Edge, a futures and options brokerage.

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In praise of Charlie D. "Falloon's eloquent explication of the life of the legendary Charlie D delivers a good read while exposing that most under-publicized commodity of them all-a mega-trader with a low public profile whose superhuman trading abilities were exceeded by only one thing-the extended reach of his heart and soul." -Patrick H. Arbor Chairman, Chicago Board of Trade "Charlie D. is a tribute to the entrepreneurial spirit of Charlie D, whose legend still lives today on our trading floors. It also captures the essence of the men and women of Chicago who, working in a unique environment, through their trading provide economic benefits around the world." -Thomas R. Donovan President and Chief Executive Officer Chicago Board of Trade "Charlie D was unique-a poker-faced, unemotional, swashbuckling trader every other trader seeks to emulate. At the same time, he was also a model of trading integrity and one of the most generous people I have ever known. Whether trading or gambling, vacationing with family or going with superstars, he did everything with a special flair and spirit. Charlie was truly larger than life." -Thomas DeMark Author of The New Science of Technical Analysis and New Market Timing Techniques "Falloon captures the essence of the Charlie D I knew and rekindles my memories of a larger-than-life individual-how he laughed in the face of cancer, his generosity, and his sense of humor." -Mike Manning Rand Financial Services, Inc. "Charlie D was the most dynamic trader I've ever seen in my nineteen years in this business, and, beyond that, the best human being I've known." -Tom Fitzgerald TPF Trading

#1 NEW YORK TIMES BESTSELLER • Meghan, The Duchess of Sussex's first children's book, *The Bench*, beautifully captures the special relationship between father and son, as seen through a mother's eyes. The book's storytelling and illustration give us snapshots of shared

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moments that evoke a deep sense of warmth, connection, and compassion. This is your bench Where you'll witness great joy. From here you will rest See the growth of our boy. In *The Bench*, Meghan, The Duchess of Sussex, touchingly captures the evolving and expanding relationship between father and son and reminds us of the many ways that love can take shape and be expressed in a modern family. Evoking a deep sense of warmth, connection, and compassion, *The Bench* gives readers a window into shared and enduring moments between a diverse group of fathers and sons—moments of peace and reflection, trust and belief, discovery and learning, and lasting comfort. Working in watercolor for the first time, Caldecott-winning, bestselling illustrator Christian Robinson expands on his signature style to bring joy and softness to the pages, reflecting the beauty of a father's love through a mother's eyes. With a universal message, this thoughtful and heartwarming read-aloud is destined to be treasured by families for generations to come. With *Winning the Trading Game*, investment expert Noble DraKohn 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.

Welcome to the world of Martin "Buzzy" Schwartz, Champion Trader--the man whose nerves of steel and killer instinct in the canyons of Wall Street earned him the well-deserved name "Pit Bull." This is the true story of how Schwartz became the best of the best, of the people and places he discovered along the way and of the trader's tricks and techniques he used to make his millions.

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"Ben's ability to develop mental toughness and the approach he shares in *Chasing Excellence* is a game changer for athletes in any sport." --Javier Vazquez, Major League Baseball All-Star

"This book will do for you what Ben has done for me--take you to the next level and show you how to be the best. His insights on the mental game are second to none. You will feel prepared for anything." --Bethany Hart-Gerry, US Olympic Bobsled Team CrossFit trainer

Ben Bergeron has helped build the world's fittest athletes, but he's not like other coaches. He believes that greatness is not for the elite few; that winning is a result, not a goal; and that character, not talent, is what makes a true champion. His powerful philosophy can help anyone excel at all aspects of life. Using the dramatic competition between the top contenders at the 2016 Reebok CrossFit Games(R) as a background, Ben explores the step-by-step process of achieving excellence and the unique set of positive character traits necessary for leveling up to world-class. The mindset and methodology that have produced some of the greatest athletes in the world's most gruelling sport can work equally well for golfers, lawyers, artists, entrepreneurs--anyone who's willing to commit totally to becoming better than the best. By *Chasing Excellence*, you'll discover how extraordinary it's possible for you to be.

New York Times Bestseller Over 2.5 million copies sold

For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events,

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inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

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

Known by fans as "The Penguin" for his back-of-the-pack speed, John Bingham is the unlikely hero of the modern

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running boom. In his new book, the best-selling author and magazine columnist recalls his childhood dreams of athletic glory, sedentary years of unhealthy excess, and a life-changing transformation from couch potato to "adult-onset athlete." Overweight, uninspired, and saddled with a pack-and-a-half-a-day smoking habit, Bingham found himself firmly wedged into a middle-age slump. Then two frightening trips to the emergency room and a conversation with a happy piano tuner led him to discover running--and changed his life for the better. Inspiring, poignant, hilarious, and heartbreaking, *An Accidental Athlete* is a warm and engaging book for the everyday athlete. Bingham tells stories of the joys of running--the pride of the finisher's medal, a bureau-busting t-shirt collection, intense back-of-the-pack strategizing. *An Accidental Athlete* is about one man's discovery that middle age was not the finish line after all, but only the beginning.

An Introduction to Technical Analysis from One of the Top Names in the Business "Essential Technical Analysis is a highly valued resource for technical traders. The importance of comprehensive and well-researched market behaviors, indicators, and systems were well expressed graphically with many examples. No technical analyst should be without this book. Stevens's book could become another classic." -Suri Duddella, President of siXer.cOm, inc. (Forbes magazine's "Best of the Web" in Technical Analysis Category) "Essential Technical Analysis will give the new student of technical analysis a good overview of both classical chart patterns and a myriad of technical indicators, but so will many other texts. What sets this volume apart is that it presents the subject in the context of real-world trading situations, not idealized well-chosen examples. Books on technical analysis, especially those aimed at novices, are typically filled with charts in which the selected patterns are both unambiguous and work perfectly. As Leigh Stevens recognizes and confronts,

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however, the real world is a far more sloppy place: charts may often contain conflicting indicators, and patterns don't always work as described. Reading Essential Technical Analysis is like sitting beside a veteran technical analyst and having him describe his methods and market experiences."

-Jack Schwager, author of Market Wizards, Stock Market Wizards, and Schwager on Futures "Leigh Stevens's depth of experience, acquired over many years, has generated a deep understanding of, and commitment to, the discipline of technical analysis. He is also one of those rare individuals who have both the ability to convey the essence of his ideas in a wonderfully simple and straightforward way and through the use of personal anecdotes and experiences. There are not many people around who can both walk the walk and talk the talk." -Tony Plummer, author of Forecasting Financial Markets, Director of Rhombus Research Ltd., and former Director of Hambros Bank Ltd. and Hambros Investment Management PLC "Leigh Stevens brings his considerable years of experience to this project. He has crafted a real-world book on technical analysis that gives you the benefit of his trials and errors as well as 120 years of observations and market wisdom from Charles Dow to the latest indicators and approaches. Investors who suffered from the bursting of the technology bubble in 1999 and 2000 should read Essential Technical Analysis from cover to cover and learn to apply the lessons to the next market cycle." -Bruce M. Kamich, CMT, past President of the Market Technicians Association and Adjunct Professor of Finance at Rutgers University and Baruch College

"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

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Trading Athlete gives specific instruction on how new and seasoned traders can keep themselves at the top of their mental game."-Tim Bourquin, Cofounder,

TraderInterivews.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.

Shows how executives can achieve optimum success at work by focusing on a program advocating self-

improvement through mental and physical fitness

Thinking, and betting, like the pros "Most people in

sports betting are looking at things the wrong way." -

Peter Webb, founder of Bet Angel "Some people only

ever seem to want to hit the sexy six, and not take the

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singles" - Compton Hellyer, founder of Sporting Index

This is a book that teaches you how to bet on sports with the same discipline and mindset as the professionals. Lots of books and websites give advice on profitable strategies - and tipsters and systems proliferate. But this is the only guide that helps you make your trades and bank your wins for the long term, avoiding the perennial dangers of overconfidence, irrationality and emotion. However successful your selections, you are never safe from crippling losses until you know how to bet with the clear head and calm approach of the masters. The simple fact is that most people betting on sports lose over the long term. Performance errors currently hamper the majority of bettors: they lose their bets because they first lose their heads. The only answer is to think differently. With chapters ranging across motivation, performance analysis, the betting process and going pro, this book is the definitive guide to achieving this: - Use dozens of exercises to sharpen your thinking and refine your betting processes. - Share in the exclusive insights of professional sports bettors, who reveal for the first time how they have built successful gambling careers. - Benefit in every chapter from one-to-one training from the author, a professional sports and trading performance coach. Sports Betting to Win is your own personal course for establishing a firm psychological foundation for long-term betting success.

In the continual pursuit for higher profits, investors and traders alike often assume significantly higher risks while chasing the next hot opportunity. Other more sophisticated investors attempt to employ complicated

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indicators while not fully understanding the information the indicator was designed to reveal. On the other hand, savvy investors employ analysis to gauge the market, positioning themselves to potentially earn higher profits with significantly less risk. Volume analysis attempts to delve deep inside the market trends to help identify shifts within the markets. Investing with Volume Analysis: Identify, Follow, and Profit from Trends presents an enlightened perspective on the role of volume, not only in pragmatic terms but also in terms of apprehending the underlying rationale of how and why. Award-winning technical analyst Buff Pelz Dormeier teaches state-of-the-art methods for analyzing the relationship of volume to price movements and the evolution of market trends. A successful Wall Street trader turned neuroscientist reveals how risk taking and stress transform our body chemistry Before he became a world-class scientist, John Coates ran a derivatives trading desk in New York City. He used the expression “the hour between dog and wolf” to refer to the moment of Jekyll-and-Hyde transformation traders passed through when under pressure. They became cocky and irrationally risk-seeking when on a winning streak, tentative and risk-averse when cowering from losses. In a series of groundbreaking experiments, Coates identified a feedback loop between testosterone and success—one that can cloud men’s judgment in high-pressure decision-making. Coates demonstrates how our bodies produce the fabled gut feelings we so often rely on, how stress in the workplace can impair our judgment and even damage our health, and how sports science can help us

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toughen our bodies against the ravages of stress.

Revealing the biology behind bubbles and crashes, *The Hour Between Dog and Wolf* sheds new and surprising light on issues that affect us all.

Praise for *Secrets of the Trading Pros* "In *Secrets of the Trading Pros*, Jack Bouroudjian shares the unique insight of a market veteran who has experienced all aspects of the marketplace—from exchange and industry leader to brokerage executive and market trader. The reader feels that Jack is sitting next to you telling his and the market's story, offering the view of an accomplished market participant who is passionate about his work.

Jack's work is relevant reading, whether one is an investment professional or merely curious about how economic forces are displayed in the markets of today."

—Thomas A. Kloet, Senior Executive Vice President and Chief Operating Officer, Fimat USA, LLC "Jack

Bouroudjian is an accomplished expert in the art of trading equity futures. While no one alive knows all the secrets about trading, Jack has put together a formidable set of highly significant elements that are clearly important for success in trading." —Leo Melamed,

Chairman Emeritus, Chicago Mercantile Exchange

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