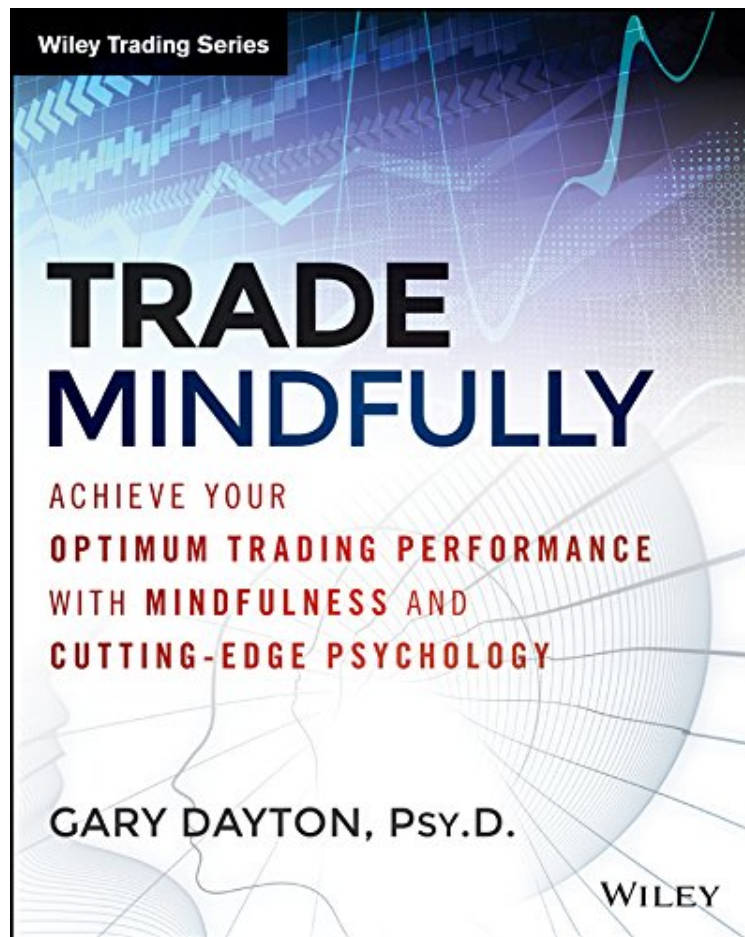


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Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading)

Gary Dayton

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Gary Dayton : Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading) before purchasing it in order to gage whether or not it would be worth my time, and all praised Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading):

7 of 7 people found the following review helpful. my trading approach to the better. I recommend it (much more than "Trading in ...By StefanoThis book changed, and is still changing, my trading approach to the better. I recommend it (much more than "Trading in the Zone") to everyone has been struggling with inconsistent trading results and the consequential stress you can get out of it. THANK YOU GARY DAYTON!4 of 4 people found the following review helpful. Nothing like it out there, that's why it's worth readingBy Robert KirkI've read a lot of trading books and if you are lucky enough to get a couple of ideas that can change the way you think, you are lucky. This is one of those books,

it really can make a difference. I have been using the meditation techniques for a couple of weeks and it really helps. Also, I have never had the value of stress explained as well as this book, it truly has changed the way I think. I look forward to using many of these ideas to help me with my trading processes and that will make all the difference in the world.² of 2 people found the following review helpful. Worth The MoneyBy CustomerThis book is a great guide through some of the parts of human psychology that relate to trading. The author explains such things as loss aversion, fear(s) in trading, and what I found to be very helpful is what the author refers to as "fusion". Fusion is how we get hijacked by our thoughts and are diverted away from the ability to trade profitably. The author not only explains the emotional difficulty we all go through as traders, he has methods for working with our emotions too. He teaches the reader that emotions can't be eliminated, but by using "mindfulness", a kind of personal awareness that is similar to meditation, a trader can de-fuse from our hijacking thoughts and stay focused on the trade. By de-fusing from the thoughts we in effect de-fuse from the emotion too. "Trade Mindfully" is well worth the price and there is much more on the authors website. Highly recommended.

Overcome psychological obstacles to increase trading success Successful traders need to be well-versed and skilled in a wide range of business and economic areas. But now, in addition to effective trading strategies and sound money management techniques, traders need to possess the know-how to handle the mental and emotional challenges of working in a highly volatile environment. Trade Mindfully is a unique resource that applies cutting-edge psychological techniques to trading skills, allowing readers to improve their mental outlooks and maximize the potential of their trading strategies. This book draws upon recent psychological research in behaviorism to teach new approaches that call for better focus, more confidence, and more positive perspectives and outcomes. One of the key concepts covered in the book is mindfulness, a state of mind traditionally touted in the East for its ability to reduce stress and increase perspective, useful qualities for traders looking to rise above emotional obstacles and the poor results they cause. The author also discusses the importance of High Value Trading Actions (HVAs), specific actions that are under a trader's control. With this guide, trading professionals will be able to form solid strategies based on a combination of these notions and practices, leading to higher levels of trading performance. Applies sound psychological practice and evidence-based research to the trading profession Covers the psychological perspectives and mental skills needed to succeed in today's trading world Focuses on key concepts that lead to deliberate practice, specific trading activities, and increased awareness and focus Designed to help traders deal with the emotional challenges that come with uncertainty and risk Trade Mindfully touches on the most essential concepts for anyone intrigued by what trading psychology has to offer, and delivers the best strategies for achieving the right mental skills for peak performance.

From the Back CoverPraise for TRADE MINDFULLY "This is the best book I have found on the topic of mindfulness as applied to trading. Dr. Gary Dayton explains the problems that typically bedevil traders and draws upon extensive research to illustrate how mindfulness and a process orientation can effectively address these. Altogether a well-written and researched work that bridges theory, research, and practice." mdash;Brett Steenbarger, author of The Daily Trading Coach "Trade Mindfully should be required reading for anyone who ventures into trading. Those traders who seek a better understanding of how the mind subverts their trading results will find this book enlightening." mdash;David H. Weis, Market Analyst "There are times in one's life when you meet a person who is knowledgeable, passionate, and gifted at what they do, and Dr. Gary Dayton is one of those people. I met Gary several years ago at a TradeGuider seminar that he was presenting at, and I was immediately impressed by his immense knowledge of the works and studies of Richard D. Wyckoff. Gary's outstanding book has taken years of knowledge and condensed it into easy to understand material that will greatly assist any trader or investor regardless of their experience level. I highly recommend you study this book with care, and you will know the knowledge that is needed to make it in the markets. Gary is an excellent teacher, but most importantly, he is a real trader who has learned to master the markets, and in this book you have your blueprint for trading success." mdash;Tom Williams, author of Master the Markets and Chairman, TradeGuider Systems International "Technology used to be the 'edge' that separated good traders from bad. Now that nearly every trader has access to the same charts, software, and order types, the real edge separating wealthy traders from failed ones is their mental approach to the markets. Trade Mindfully gives today's trader the tools they need to reach their peak earning potential by showing them how to maximize their profits through psychology. The way a trader 'thinks' about their trading and the markets has never been more important, and Dr. Dayton provides a step-by-step method for mastering the last true 'edge' traders have for making money in the markets." mdash;Tim Bourquin, co-founder, The Traders Expo and TraderInterviews.com "Gary Dayton's captivating book is a trailblazer, fusing the Eastern concept of mindfulness with a psychological model used in professional sports to tame the often unruly emotional world of trading. He explores how mindfulness can conquer emotional demons that derail traders, and offers specific exercises and practices to help the reader take command of their trading. Dayton's keen insights have been featured in the TraderPlanet magazinemdash;he offers significant cutting-edge concepts that are a must-read for any trader looking to take their game to the next level." mdash;Lane J. Mendelsohn, founder and president of Traderplanet.com "This is a very good book. In fact, it is probably the most useful book in the past twenty

years—packed full of useful information and activities. It deserves a place on every trader's bookshelf."

—Ray Barros, Professional Trader

About the Author GARY DAYTON, Psy.D., is a psychologist, trader, and president of Peak Psychology, Inc., a consulting firm that specializes in developing peak performance in traders.