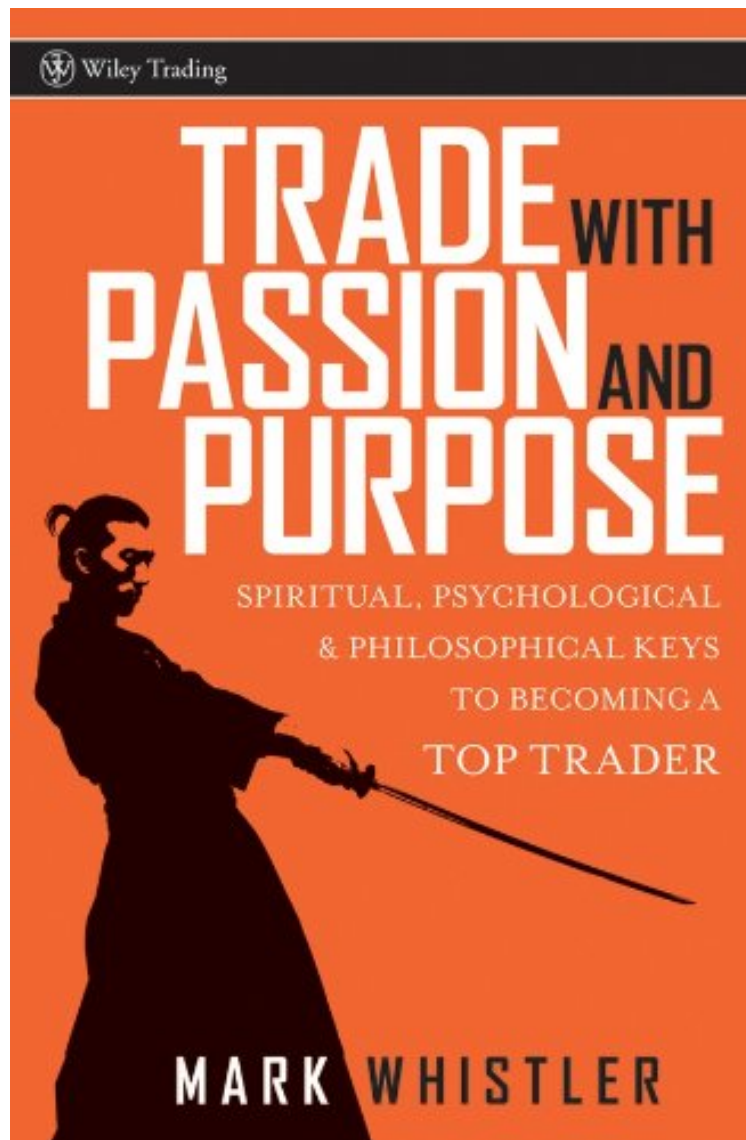


[PDF] Trade With Passion and Purpose: Spiritual, Psychological and Philosophical Keys to Becoming a Top Trader (Wiley Trading)

## Trade With Passion and Purpose: Spiritual, Psychological and Philosophical Keys to Becoming a Top Trader (Wiley Trading)

Mark Whistler

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**Mark Whistler : Trade With Passion and Purpose: Spiritual, Psychological and Philosophical Keys to Becoming a Top Trader (Wiley Trading)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Trade With Passion and Purpose: Spiritual, Psychological and Philosophical Keys to Becoming a Top Trader (Wiley Trading):

11 of 12 people found the following review helpful. EXCELLENT BOOK!!!By Victor D. DelpreteThis book should

be read by every market trader. It brings the investor to look within himself to find the path to success. When is the right time to pull the trigger and buy or sell that stock? Is fear driving us to make bad decisions? Like the mythological Greek figure Sisyphus, are we destined to repetitively pushing a boulder up a hill, only to watch it roll back down for eternity? Whistler explains that the boulder and the hill won't change. Only you can change yourself and figure out how to make that boulder stay at the top of the hill. The book first lays the groundwork to looking within to determine your goals and then to find the answers. It explains Eastern philosophies of Morita therapy and dogma, and overlays that with Western psychology, all in an easy to read and easy to comprehend style that is applicable right now to both trading or everyday life. Self honesty, self esteem, emotional intelligence, ego, humility, pride, courage, fear, and greed clearly have everything to do with success in the markets, and Whistler helps the reader come to grips with himself. This is the edge any trader needs to maneuver through the markets against predators successfully. This is the third book I have read by Mark Whistler and it amounts to his best work yet. It is very easy to read and I find myself inspired from every single page. Typically technical books don't have me yearning to read the next page, but Whistler has the unique ability to make it feel as if I am reading my own story. He's been through it all and isn't afraid to admit his failures. This book is the best investment for anybody that is fighting their way back once they realize that fear is already influencing their decisions negatively. I know I am a better trader after reading this book and look forward to the next in his arsenal.

2 of 2 people found the following review helpful. Excellent book that discusses important issues for traders. By Glenn Corey Whistler does a great job covering issues that many new traders may think are unimportant to trading, but ultimately they are the most important because they have to do with psychology. Trading has its ups and downs, and handling them is the most important thing a trader can learn how to do (at least in my humble opinion after about 2 years). The most encouraging thing for me were those parts where Whistler talks about his own mistakes. I don't know anything about Whistler's trading career or success, but I assume that he's more successful than me at trading, so when he talks about making many mistakes, some of them costly and some of them more than once, I took heart, since I have made and continue to make mistakes. Eventually, with books like this one, one can learn to become an excellent trader, but it definitely takes a lot of work and emotional turmoil. My one gripe with the book is the lack of copyediting. I'll give two examples. First, at the top of p. 155, where Whistler is talking about the importance of gratitude and having an attitude of gratefulness, he says this: "I can assure one thing: Because of the constant emotional struggle trading brings forward, a sincere lack of ungratefulness only expedites one to burn out or blow up." Obviously, this should say "lack of gratefulness" not "lack of ungratefulness." A copyeditor should have caught this. The second example comes on the very next page: "At this level we are losing the ability to recognize that we have erred and forgive ourselves in a healthy manner." Obviously, the last word should be "manner." These may seem like trivial complaints, but there must be at least one per page of such typos, and after a while it gets distracting. (Besides, I'm a copyeditor myself and want to show that my profession has at least some value!) All in all, though, this is an excellent book. The two-star review makes some good points, but the fact that Whistler raises these issues in the first place is important enough for a fairly high rating.

3 of 3 people found the following review helpful. How to deal with "YOU" while trading. By Steve Burns This book fills in the huge gap that most other trading and investing books completely miss: YOU. You are the most important element in trading. If you are not mentally tough, disciplined, have a good work ethic, and able to deal with stress, NO trading system or plan will work for you. If you are all of the above mentioned things you will be successful at almost any system that gives you an advantage over the market. This book asks you to write down the purpose behind your trading. Why are you trading? This defined purpose will keep you on track. It asks you to have confidence in your abilities after you have done the necessary work to be a trader. Successful traders must have healthy self esteem and be honest with themselves. "People with egos want to look good, self esteem comes from being good". The book really focuses on how to think correctly as a trader. Trade in the present, leave emotional baggage behind in your trading just keep the lessons. You will learn ways to manage your fear. You will read about ways to manage anxiety and stress while trading. One of the underlying themes in the book is cause and effect. You must take responsibility for trading decisions, it is not the markets fault or "them", you made the decision to buy or sell and you must accept the outcome of your decisions as your own. This book is all about managing your emotions, stress, and thoughts while trading. This book is all about you and me, the most important element in any trading plan. I highly recommend reading this book to become a better trader, no matter where you are on your journey to success in the markets.

Successful trader Mark Whistler draws from the fields of psychology, spirituality, and philosophy to emphasize how self-honesty, self-esteem, emotional balance, and confidence form the foundation of successful trading. He demonstrates how adherence to a small number of core principles vastly improves chances of success, and shares interviews from top traders to exemplify his point that even the most successful traders have had to overcome setbacks.

From the Inside Flap Trading in today's markets can be extremely stressful and oftentimes, traders—even those with years of experience—make irrational decisions as a result. Overcoming these pitfalls can be a difficult task, but with the right approach you can turn any setback into a great success. Over the course of his trading career, author

Mark Whistler has achieved significant success as well as taken a fair share of hits. During this time, he has seen firsthand what separates great traders from the rest of the crowd, and now, in *Trade with Passion and Purpose* he wants to share those insights with you. In *Trade with Passion and Purpose*, Whistler draws from the fields of psychology, spirituality, and philosophy to illuminate the path to profitable trading. This engaging book acknowledges how difficult it is to consistently win in the markets, but at the same time, it demonstrates how adhering to a small number of core principles can vastly improve your chances of success. Divided into three comprehensive parts, this book will take you on a journey of self-discovery that will help you hone your skills as a trader. Some of the topics discussed include: How being "in the moment," while knowing why you are doing what you are doing is essential to trading success The importance of understanding stress and how to work with it The roles that affirmation and visualization play in your trading endeavors How to recognize and defeat fear Why change should be embraced How to develop a game plan for trading success that takes risk management into account How world famous traders, sports stars, and business people handle stress, and how you can benefit from their success And much more Achieving trading success takes time, guts, the desire to ask yourself some hard questions, and the relentless determination to take action. Anything less and you'll be nothing more than a mediocre trader at best. Filled with the hard-won knowledge gained through Whistler's own trading experiences as well as insightful interviews with proven traders and individuals who have overcome amazing adversity, *Trade with Passion and Purpose* will help you develop the personal strength and emotional intelligence needed to become a top trader.

From the Back Cover "Well conceived and executed—any trader will find this a fascinating read." —Rich Blake Senior Editor, *Trader Monthly* magazine "Knowing yourself is one of the most important, but perhaps most overlooked, aspects of trading. In *Trade with Passion and Purpose*, Mark Whistler has a fascinating and unique take on the subject. I'd highly recommend this book for any trader who is serious about improving their craft." —Cory Janssen Cofounder, *Investopedia.com* "An indispensable resource for anyone who intends to trade for a profit on a regular basis . . . Mark Whistler has outlined and detailed an intangible skill set all successful traders must possess. You simply can't get it anywhere else." —Alex Williams Managing Director, Investment University, [www.investmentu.com](http://www.investmentu.com)

About the Author Mark Whistler is a trader and financial writer. As a professional options trader, he specializes in statistical arbitrage, a technique for capitalizing on the price differences between similar financial instruments. Whistler is cofounder of the Web site [PairsTrader.com](http://PairsTrader.com), and a columnist for [Traderdaily.com](http://Traderdaily.com), [Investopedia.com](http://Investopedia.com), the *Smart Options Report*, and the *Investment U* newsletter. He is also the author of *Trading Pairs*, which is published by Wiley.