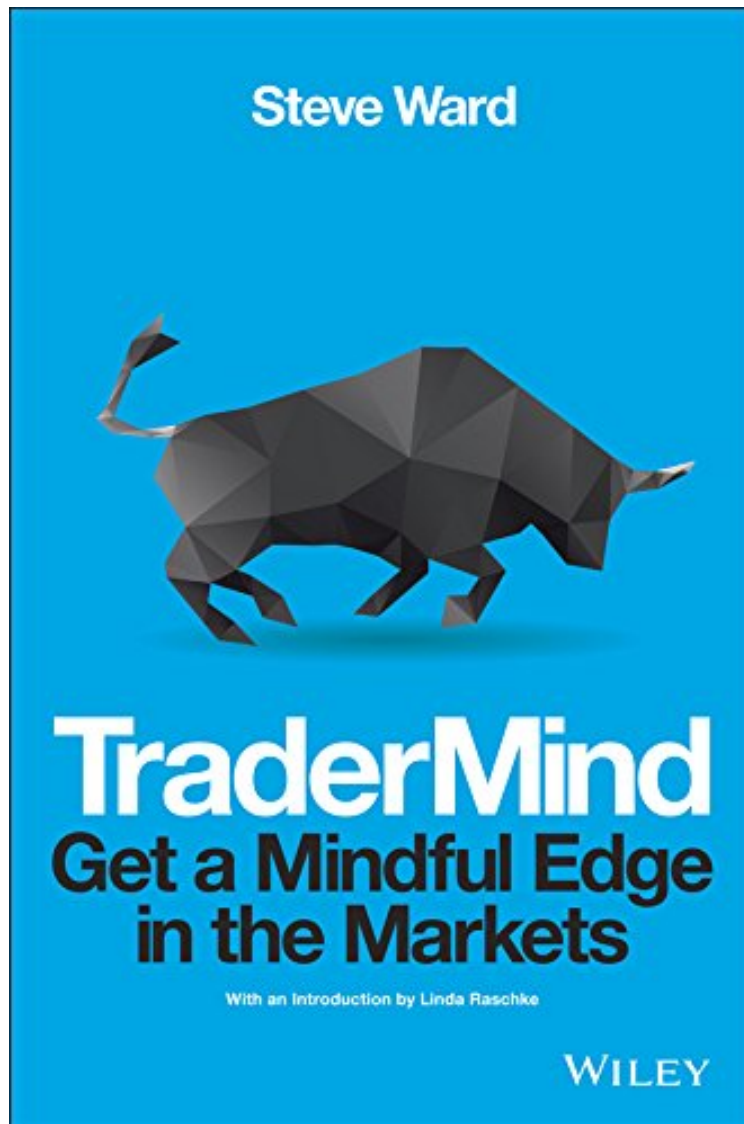


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TraderMind: Get a Mindful Edge in the Markets (Wiley Trading)

Steve Ward

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Steve Ward : TraderMind: Get a Mindful Edge in the Markets (Wiley Trading) before purchasing it in order to gauge whether or not it would be worth my time, and all praised TraderMind: Get a Mindful Edge in the Markets (Wiley Trading):

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following review helpful. Thinking about thinking is outstanding. By Plano Geek Thinking about thinking chapter makes it worthwhile even if I get nothing else from the book. The first 3 chapters get you up to speed on mindfulness with description, scientific studies, and simple exercises. Then comes thinking about thinking chapter 4. Outstanding! It has helpful exercises and practices that will put you in control of your thinking. I've read 2 of the 3 Steenbarger books and Trading in the Zone book. I'm lukewarm about the Steenbarger books and love Trading in the Zone. I've also bought some material from Menaker and others. TraderMind by Steve Ward is the best resource on trading psychology with real world exercises, questions, practice. It gets you to the mental level you need to be to successfully trade. Chapter 4 on Thinking about Thinking is the eye-opening game changer. It teaches you to observe your thinking as mental events. Chapter 5 and 6 are about emotions and urges. I practice those exercises together because the urges go with the emotions. You can't expect instant success just by reading the book. You have to put in the time to do the practice work. I haven't finished the book yet but already see a significant difference in my approach and wanted to write a review. As I said, just one chapter makes the book worthwhile to buy. I'll update after I finish the book and its 8 weeks of practice exercises. You are changing how your mind works so it is not a process that can be rushed. Highly recommend. And ridiculously low-priced for what you get. Update after finishing the book and the 8 weeks of exercises: The real jewel of the book is chap. 8 on Habits, Behavior, Action. I highlighted entire paragraphs in this chapter. It didn't have many exercises but its questions help you align your trading with your values. Chapter 9 Turning Towards Difficulty has the best exercises. Its 3 minute breathing space practice really opened up my eyes to what was going on internally with me while trading. Its practice for Exploring Difficulty teaches you to stop avoiding discomfort and to embrace it while taking effective action. The last chapter does not disappoint either. It suggests 10 ways you can make mind fitness part of your regular trading day (and life). I have noticed great progress while going through the 8 weeks of exercises and the chapters of the book. I still had some big losses in the first 5 weeks. But in the last 3 weeks I've had only one loss day and it was small. More importantly, I've had a few days when I finally knew what it was like to trade without any type of psychological interference. In other words, my read of the market was crystal clear and unclouded by distracting thoughts and emotions. As I continue my mind fitness program (customized for me using the suggestions in Chapter 10), I expect this to become the norm.

Become a savvy trader with a "mindful" edge... TraderMind is an essential resource for understanding and applying mindfulness-based approaches that help to enhance an individual trader's overall performance. Based upon extensive research and practical application in the real world of the trading floor, TraderMind includes methods, tactics and techniques to build and enhance awareness and insight, which help manage thoughts and emotions and maximize trading performance. The author demonstrates how to overcome habitual or impulsive trading behaviours, manage energy levels, become more attuned to and responsive to the market, more situationally aware and build patterns of effective trading behaviour. By developing these skills and good behaviours, traders can overcome inherent biases and, ultimately, improve their trading decisions. The techniques outlined in TraderMind can be utilized as core competencies of trading psychology or can be used to complement other behavioural methods and strategies. The TraderMind tool-set does not replace the need for basic trading skills, knowledge, strategy, or key performance enablers such as preparation and performance analysis. Rather, TraderMind is designed to act as a facilitator or multiplier to enhance trader decision-making and improve overall performance. "A thoughtful read with 'bang-for-the buck' practical strategies for time pressed traders." ndash; Linda Raschke, President at LBRGroup, Inc., CTA Also includes the TraderMind 8 Week Training Program.

From the Back Cover Become a savvy trader with a "mindful" edge TraderMind is an essential resource for understanding and applying mindfulness-based approaches that help to enhance an individual trader's overall performance. Based upon extensive research and practical application in the real world of the trading floor, TraderMind includes methods, tactics and techniques to build and enhance awareness and insight, which help manage thoughts and emotions and maximize trading performance. The author demonstrates how to overcome habitual or impulsive trading behaviours, manage energy levels, become more attuned to and responsive to the market, more situationally aware and build patterns of effective trading behaviour. By developing these skills and good behaviours, traders can overcome inherent biases and, ultimately, improve their trading decisions. The techniques outlined in TraderMind can be utilized as core competencies of trading psychology or can be used to complement other behavioural methods and strategies. The TraderMind tool-set does not replace the need for basic trading skills, knowledge, strategy, or key performance enablers such as preparation and performance analysis. Rather, TraderMind is designed to act as a facilitator or multiplier to enhance trader decision-making and improve overall performance. "A thoughtful read with 'bang-for-the buck' practical strategies for time pressed traders." ndash; Linda Raschke, President at LBRGroup, Inc., CTA About the Author Steve Ward works with financial traders, trading teams and leaders in proprietary trading groups, energy companies, banks and funds across the world, utilising his expertise in the areas of performance, psychology, lifestyle management and making decisions under conditions of high stress, risk and uncertainty. He is the author of High Performance Trading and Sportsbetting To Win, and was the consultant trading

performance coach to BBC television's Million Dollar Traders series.