



## The Daily Trading Coach: 101 Lessons for Becoming Your Own Trading Psychologist

By Steenbarger, Brett N.

Wiley, 2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Preface.Acknowledgments.Introduction.CHAPTER 1 Change: The Process and the Practice.Lesson 1: Draw on Emotion to Become a Change Agent.Lesson 2: Psychological Visibility and Your Relationship with Your Trading Coach.Lesson 3: Make Friends with Your Weakness.Lesson 4: Change Your Environment, Change Yourself.Lesson 5: Transform Emotion by Trace-Formation.Lesson 6: Find the Right Mirrors.Lesson 7: Change Our Focus.Lesson 8: Create Scripts for Life Change.Lesson 9: How to Build Your Self-Confidence.Lesson 10: Five Best Practices for Effecting and Sustaining Change.Resources.CHAPTER 2 Stress and Distress: Creative Coping for Traders.Lesson 11: Understanding Stress.Lesson 12: Antidotes for Toxic Trading Assumptions.Lesson 13: What Causes the Distress That Interferes with Trading Decisions?Lesson 14: Keep a Psychological Journal.Lesson 15: Pressing: When You Try Too Hard to Make Money.Lesson 16: When You're Ready to Hang It Up.Lesson 17: What to Do When Fear Takes Over.Lesson 18: Performance Anxiety: The Most Common Trading Problem.Lesson 19: Square Pegs and Round Holes.Lesson 20: Volatility of Markets and Volatility of Mood.Resources.CHAPTER 3 Psychological Well-Being: Enhancing Trading Experience.Lesson 21: The Importance of Feeling Good.Lesson 22: Build Your Happiness.Lesson 23: Get into the Zone.Lesson 24: Trade with Energy.Lesson 25: Intention and Greatness: Exercise...



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