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Note generali

Includes index.

Nota di contenuto

Mastering Trading Stress; Contents; Preface; Acknowledgments; Introduction; Chapter 1: The Nature of Stress; THE FIGHT-OR-FLIGHT ALARM; DIFFERENCES IN STRESS RESPONSES; PERSONALITY FACTORS; THE STAGES OF STRESS; TAKING IT STEP-BY-STEP; Chapter 2: The Emotions of Stress; FEAR AND GREED; GUILT; WORRY; ANGER; EUPHORIA; Chapter 3: The Dangers of Trading under Stress; TRADING DESPITE STRESS; AVOIDING THE STRESS; CREATING A SOCIAL PERSONA; COMPETING TO WIN; BEING INDECISIVE; Chapter 4: How Fear Inhibits Mastery; RESPONDING TO FEAR; DISCIPLINING FOR SUCCESS; RELINQUISHING THE NEED TO BE PERFECT MAINTAINING PSYCHOLOGICAL ENERGY STARTING WITH A CLEAN SLATE; Chapter 5: The Consequences of Negative Emotions; GREED AND RISK MANAGEMENT ERRORS; THE DIFFERENCE BETWEEN CONFIDENCE AND ARROGANCE; MISTAKES OF INSECURITY; WHY NOT TO AVOID NEGATIVE FEELINGS; HOW NEGATIVE EMOTIONS LEAD TO IMPULSIVE BEHAVIOR; Chapter 6: Personalities and Stress; LIST MAKERS (ANALYTICAL THINKERS); INTUITIVE THINKERS; OPTIMIST/PESSIMIST/REALIST; ARE YOU CONFIDENT OR INSECURE?; MAKE THE MOST OF YOUR PERSONALITY; A WINNING PERSONALITY; Chapter 7: Ego and Obstinacy; A STUBBORN NATURE; REFUSAL TO ACCEPT COMMANDS DIFFICULTY WITH MANAGEMENT Chapter 8: Fear and Failure; AFRAID TO WIN; FAILING TO COMMIT; MOVING FORWARD; Chapter 9: Perfectionism and Paralysis; THE PROBLEM; FINDING A SOLUTION; WHAT ABOUT YOU?; Chapter 10: Failing to Manage Risk; RISK MANAGEMENT FOR A VISION; THE PSYCHOLOGY OF RISK; THE IMPORTANCE OF SELF-ANALYSIS; ASKING THE RIGHT QUESTIONS; ASSESSING YOUR ATTITUDE TOWARD RISK; LOOKING FOR THE POSITIVE; RELAXATION AND RISK; TAKING RESPONSIBILITY; Chapter 11: Failure to Dig Deeper; DISCERNING THE IMPORTANCE OF DATA ANALYSIS; TOO MUCH OR NOT ENOUGH?; GATHERING THE INFORMATION; REDUCING STRESS Chapter 12: Failures in Shorting RELUCTANCE TO SHORT STOCKS; STRESS AND THE SHORT SQUEEZE; STEPS OF A GOOD SHORT SELLER; Chapter 13: Learning to Live with Stress; LEARNING TO OBSERVE; CREATING NEW LIFE PRINCIPLES; REFRAMING NEGATIVE THOUGHTS; CHOOSING AN OBJECTIVE; DEFINING NEW PRIORITIES; Chapter 14: Exercises and Practical Applications; THE MOST BASIC STRESS BUSTERS; WHAT TO DO WHEN YOU HAVE A BREAKDOWN; IMPORTANCE OF COMMITMENT; Index

Sommario/riassunto

In Mastering Trading Stress, author Ari Kiev—a psychiatrist who specializes in stress management and works extensively with traders—offers examples, transcripts of conversations, and personality profiles of real-life traders to illustrate how stress affects their ability to perform at their best. Drawing on his vast experience, Kiev describes a variety of practical techniques that can be used to handle destructive emotions and out-of-control feelings, including his "Most Basic" stress busters, and tells what to do if a breakdown should occur.