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Autore	Beatty Alexandra S
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Autore	Steenbarger Brett N.
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Nota di contenuto	Cover; Title Page; Copyright; Contents; Preface; Introduction; Prelude; Chapter 1 Best Process #1: Adapting to Change; Emil's Restaurant; The Single Greatest Barrier to Adaptation; The Power of Flexible Commitment; Flexibility and Trading; The Rebuilding of Maxwell; The Perils of (Over) Confidence; Tapping Core Motivations; Why Discipline Doesn't Work; The Purpose of Purpose; Turning Adaptation into a Routine; The Limits of Trader Discipline; The Emotionally Intelligent Trader; Readiness for Change; Tapping the Sense of Urgency; See-Feel-Change: The Importance of Optimism The Dangers of Trader Isolation Changing the Internal Dialogue; The Perils of Perfectionism; Relapse; Summing Up: Moving from Contemplation to Action; Taking and Sustaining Action: Identifying Opportunity; Taking and Sustaining Action: Identifying Threats; Where to Look for Fresh Directions; Chapter 2 Best Process #2: Building on Strengths; The Trader in a Slump; Why Strengths Are Key to Performance; Finding Strengths in the Smallest Places; What Are Your Strengths?; How Strengths Interact to Create Successful Experience; What Strengths Don't You Possess?

Can Your Strengths Also Be Weaknesses? Making Our Strengths Stronger; The Excellence Principle; Making a Habit of Developing the Right Habits; A Look at Character Strengths; Higher-Order Integration of Strengths; Revisiting Multiplier Effects in Development; Subjective Well-Being: The Most Important Emotions in Trading Psychology; Well-Being and Personality; What Research Teaches Us about Well-Being; How Can We Cultivate Well-Being?; Eliminating Drains on Our Energy; Conscientiousness: The Underappreciated Ingredient of Success; Biofeedback as a Strategy for Enhancing Well-Being
Using Meditation to Build Positivity
Using Self-Hypnosis to Feed Positivity; A Workout for Mind and Body; Special Topics in Well-Being: Love; Special Topics in Well-Being: Affinity Groups; Special Topics in Well-Being: Gratitude; Putting It All Together: Trading, Strengths, and Well-Being; Chapter 3 Best Process #3: Cultivating Creativity; The Trader as Entrepreneur; Allen, the Trading Entrepreneur; The Success of the Trading Entrepreneur; Trading and the Crisis of Management; Trading and the Crisis of Creativity; Creativity Provides Food for Our Strengths; What Is the Creative Process?
Finding Problems as Part of Finding Answers
Can We Become More Creative?; Trading Failure and the Downhill Spiral of Creativity; The Essence of Creativity: Reframing Problems; The Skills of Creativity: Switching Modalities; The Skills of Creativity: Increasing the Productivity of Our Thought; The Skills of Creativity: Finding Fresh Combinations; The Skills of Creativity: Thinking by Analogy; Creativity and Lifestyle; Creativity in Groups; Does Brainstorming Work?; Tapping into Group Creativity Even When You Are Independent; The Single Greatest Barrier to Creativity; It All Fits Together
Chapter 4 Best Process #4: Developing and Integrating Best Practices

Sommario/riassunto

"Practical trading psychology insight that can be put to work today
Trading Psychology 2.0 is a comprehensive guide to applying the science of psychology to the art of trading. Veteran trading psychologist and bestselling author Brett Steenbarger offers critical advice and proven techniques to help interested traders better understand the markets, with practical takeaways that can be implemented immediately. Academic research is presented in an accessible, understandable, engaging way that makes it relevant for practical traders, and examples, illustrations, and case studies bring the ideas and techniques to life. Interactive features keep readers engaged and involved, including a blog offering ever-expanding content, and a Twitter feed for quick tips. Contributions from market bloggers, authors, and experts bring fresh perspectives to the topic, and Steenbarger draws upon his own experience in psychology and statistical modeling as an active trader to offer insight into the practical aspect of trading psychology. Trading psychology is one of the few topics that are equally relevant to day traders and active investors, market makers and portfolio managers, and traders in different markets around the globe. Many firms hire trading coaches, but this book provides a coach in print, accessible 24/7 no matter what the market is doing. Understand the research at the core of trading psychology
Examine the ways in which psychology is applied in real-world trading
Implement practical tips immediately to see first-hand results
Gain the perspective and insight of veteran traders who apply these techniques daily
While markets may differ in scale, scope, and activity, humans remain human, with all the inherent behavioral tendencies. Studying the market from the human perspective gives traders insight into how human behavior drives market behavior.
Trading Psychology 2.0 gives traders an edge, with expert guidance and practical advice"--
