

1. Record Nr.	UNINA9910132161003321
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Titolo	TraderMind [[electronic resource]] : Get a Mindful Edge in the Markets
Pubbl/distr/stampa	Hoboken, : Wiley, 2014
ISBN	1-118-99492-2 1-118-31674-6
Descrizione fisica	1 online resource (251 p.)
Classificazione	BUS036000
Disciplina	332.601/9
Soggetti	Business Investments -- Psychological aspects Speculation -- Psychological aspects Investments - Psychological aspects Speculation - Psychological aspects Finance Business & Economics Investment & Speculation
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	TraderMind; Contents; About the Author; Foreword; Acknowledgements; Introduction: The Evolution of TraderMind; The Challenges of Trading and Investing; Beyond Skills and Strategy; The Rise of Trading Psychology; The New Contenders: Neuroscience and Mindfulness; TraderMind; What's in Store?; Chapter 1 : What is Mindfulness?; Chapter 2 : Developing Your Mindfulness Muscle; Chapter 3 : The Attention and Awareness Advantage; Chapter 4 : Thinking About Thinking; Chapter 5 : Embracing Emotions; Chapter 6 : Managing Urges and Impulses; Chapter 7 : Trading With the Body in Mind 2 Developing Your Mindfulness MuscleHow Mindful are You?; Developing Your Mindfulness Muscle; Mindfulness Practice - Mind Fitness Training; Mindfulness of Breathing; Mindful Movement; Mindful Walking; Mindfulness of Routine Activities (Mindful Living); Mindful Mowing - How One Trader Developed His Own Mind Fitness Practice; How Long Will It Take?; Turbocharge Your Mind Fitness Development;

Intention; Practice; Inquiry; Practicalities FAQ; When is the best time of day to practise?; What do I need to wear?; Where is the best place to practise?; How long should I practise for?

How Do You Stop Thinking About a White Bear? Letting Go of the Struggle; Working With Thoughts - Acceptance; Cognitive Utility - The Lens of "Usefulness"; Cognitive Fusion - Attachment to Thoughts; Cognitive Defusion - Changing Your Relationship With Your Thoughts; Sit Down, Stand Up - Focus On Effective Action; Reappraisal - Mental Flexibility; Memories - Thoughts from the Past; When to Follow Your Mind; Three Steps to Managing Thinking; 5 Embracing Emotions; Emotions and Trading: A New Paradigm; Emotional Awareness; Embracing Emotions - From Avoidance to Acceptance
Emotional Regulation - Affect Labelling

Sommario/riassunto

By utilising mindfulness based psychological approaches in combination with strategies from performance psychology underpinned research from neuroscience this book provides you with practical proven strategies for... Improving your emotional reIncreasing your levels of self-awareness and self-controlManaging your thoughts and emotions more effectivelyReducing feelings of stress and anxietyEnhancing your disciplineIncreasing your intuitive and judgement skillsGreater emotional regulation Also includes the TraderMind 8 Week Training Program PLUS Access to online resources and audio recordings to
