

1. Record Nr.	UNINA9910132339003321
Autore	Dayton Gary <1953->
Titolo	Trade mindfully : achieve your optimum trading performance with mindfulness and cutting-edge psychology // Gary Dayton, Psy.D
Pubbl/distr/stampa	Hoboken, New Jersey : , : John Wiley & Sons, Inc., , [2015] ©2015
ISBN	1-119-00519-1 1-118-99097-8
Descrizione fisica	1 online resource (310 p.)
Collana	Wiley trading series
Disciplina	332.601/9
Soggetti	Investments - Psychological aspects Speculation - Psychological aspects Stockbrokers - Psychology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	TRADE MINDFULLY; CONTENTS; ACKNOWLEDGMENTS; ABOUT THE AUTHOR; INTRODUCTION; How This Book Is Organized; Part I; Part II; Part III; Note; PART I Understanding Your Mind ; CHAPTER 1 Traders' Mental Blind Spots; Heuristics and Cognitive Biases; Representativeness; Case Example: Zoe; Intuitive and Deliberative Thinking; Case Example: Nathan; More Heuristics and Cognitive Biases; Confirmation Bias; The Recency Effect; Hindsight Bias; Endowment Effect; What Traders Can Do; Note; CHAPTER 2 Strong Emotions in Trading; Forms of Fear; Being Wrong; Losing Money; Missing Out; Leaving Money on the Table Hope, Greed, and Other Strong Feelings Emotional Hijackings; Emotional Intelligence; Clarifying Fear; Note; CHAPTER 3 The Struggle to Control and Eliminate Emotions; Improving the Technical Side of Trading; Avoiding Losses: The Multiple Faces of Loss Aversion; Psychological Control; Notes; CHAPTER 4 The Necessity of Emotions in Trading; The Unusual Case of Phineas Gage; The Functions of Emotions in Trading Decisions; Becoming Aware of and Open to Your Emotions; A Few Words on Strong Emotions; PART II Using Cutting-Edge Psychology CHAPTER 5 The Traders' Psychological Edge Lies in a Different Kind of

ThinkingMind, Genes, Emotions, and Biology; Avoidance; Negative Reinforcement Directly Affects Trading Performance; A Different Kind of Thinking; Mindfulness; Being in the Zone; The Science of Mindfulness Meditation; General Benefits of Mindfulness; Mindfulness, Fear, Loss Aversion, and Perspective; Mindfulness Meditation and Physical Changes in the Brain; Just 30 Minutes of Mindfulness Meditation Physically Changes the Brain; Executive Control; Mindfully Accepting Emotions Enhances Executive Functioning; The Wandering Mind Changing Our Genetic ExpressionNote; CHAPTER 6 Practice Mindfulness, Trade Mindfully; Starting Your Mindfulness Practice; Mindfulness Exercises; Mindful Listening; A Serene Saying; Leaves On a Stream; Who Is Noticing Your Noticing?; Walk Mindfully; Informal Mindfulness Opportunities; Applying Mindfulness to Your Trading; Attention Regulation; Greater Awareness of Body and Emotions; Reduced Effort to Control Private Experience; Greater Emotional Regulation; Perspective Change; Bring Mindfulness into Your Important Trading Activities; Notes; CHAPTER 7 Defusion: An Advanced Mindfulness Skill Defusion Strategies and TechniquesKeep Track of Your Feelings; Hold Your Thoughts at a Distance; Mindfulness; Label Thoughts, Feelings, and Sensations; I Am Having the Thought That ...; Follow the Bouncing Ball; Sing a Joyful Song; Say It from Someone Else; Am I Digging?; Note; CHAPTER 8 Acceptance and Committed Trading; Acceptance; Commitment; Developing Commitment; Mindfully Committed Trading: The First Step; Using Your Values for Committed Trading; Case Examples; Making Room for Uncomfortable Emotions and Thoughts; Acceptance Exercise; Notes; PART III Maximizing Your Trading Performance CHAPTER 9 The Trading Psychology Process: High-Quality Preparation

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## Sommario/riassunto

Overcome psychological obstacles to increase trading success  
Successful traders need to be well-versed and skilled in a wide range of business and economic areas. But now, in addition to effective trading strategies and sound money management techniques, traders need to possess the know-how to handle the mental and emotional challenges of working in a highly volatile environment. Excellence in Trading is a unique resource that applies cutting-edge psychological techniques to trading skills, allowing readers to improve their mental outlooks and maximize the potential of their trading strategies

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