

1. Record Nr.	UNINA9910145425003321
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Titolo	Mastering trading stress [[electronic resource]] : strategies for maximizing performance / / Ari Kiev
Pubbl/distr/stampa	Hoboken, N.J., : John Wiley, c2008
ISBN	1-119-19856-9 1-281-22172-4 9786611221720 0-470-22265-4
Descrizione fisica	1 online resource (226 p.)
Collana	Wiley trading
Disciplina	332.601/9 332.6019
Soggetti	Investments - Psychological aspects Speculation - Psychological aspects Hedge funds Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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 MANAGEMENTChapter 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 ShortingRELUCTANCE 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.
