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Nota di contenuto	Trading in the Zone; Contents; Chapter 1 Defining the Zone; How to Enter the Zone; How to Be in the Zone; How to Stay in the Zone; Chapter 2 Overcoming the Past; Identifying Past Programming; Modifying Your Behavior; Chapter 3 Using a Goal; Setting the Goal; Resisting the Goal-Setting Approach; Implementing a Strategy; Maintaining the Mental Groove; Staying Committed; Chapter 4 Gathering Information; The Need for Good Analysis; Determining What Is Pertinent; Processing the Information; Timing Is Important; Chapter 5 Understanding the Analysis; Using Technical Analysis Examining Technical Indicators Understanding Macro; Chapter 6 Learning More; Gaining an Edge; Finding Value in a Company; Fundamental Reasons to Buy; Understanding the Unseen Variables; Chapter 7 Managing the Risk; Review Your Statistics; Play Bigger; Building a Portfolio; Chapter 8 Tolerating the Pain; Control Your Emotions; Handle the Losses; Chapter 9 Learning from Your Mistakes; Picking Tops or Bottoms; Holding on to Losers; Failing to Take Profits;

Bidding for Stocks; Relying on Intuition; Overtrading; Reviewing Mistakes; Chapter 10 Overcoming Psychological Obstacles Letting Go of Seller's Remorse Perfectionism and Paralysis; The "Poor Me" Syndrome; Combating Complacency; Inability to Adjust; Clearing the Hurdles; Chapter 11 Stepping Up to the Challenge; Continue the Challenge; Do Practice Visual Imagery Rehearsal; Do Go Further; Do Focus; Don't Abandon Your Opinion; Don't Say "Burnt Out"; Don't Withdraw; Take the Step; Chapter 12 Taking Advantage of Capitulation; Defining Capitulation; Trading in a Collapsing Market; Managing in Inflection; Chapter 13 Short Selling; Developing a Thesis; Defining a Good Short; Perfecting the Timing and Relevance Managing the Psychology Conclusion; Index

Sommario/riassunto

Overcome the obstacles that can prevent you from winning at the trading game A trader's emotional state is vital to being a successful investor. There are many psychological factors that can affect the decisions one makes in the course of a trading day. This book focuses on overcoming issues such as anxiety, fear, and over-ambition so that traders can become more focused and be more successful-in other words, enter the zone-and stay in it as long as possible.
