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Nota di contenuto	The Daily Trading Coach: 101 Lessons for Becoming Your Own Trading Psychologist; Contents; Preface; Acknowledgments; Introduction; Chapter 1: Change; Chapter 2: Stress and Distress; Chapter 3: Psychological Well-Being; Chapter 4: Steps toward Self-Improvement; Chapter 5: Breaking Old Patterns; Chapter 6: Remapping the Mind; Chapter 7: Learning New Action Patterns; Chapter 8: Coaching Your Trading Business; Chapter 9: Lessons from Trading Professionals; Chapter 10: Looking for the Edge; Conclusion; About the Author; Index
Sommario/riassunto	Praise for The Daily Trading Coach ""A great book! Simply written, motivational with unique content that leads any trader, novice or experienced, along the path of self-coaching. This is by far Dr. Steenbarger's best book and a must-have addition to any trader's

bookshelf. I'll certainly be recommending it to all my friends."-Ray Barros
CEO, Ray Barros Trading Group ""Dr. Steenbarger has been helping traders help themselves for many years. Simply put, this book is a must-read for anyone who desires to achieve great success in the market."-Charles E. Kirk
The Kirk Report ""
