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| Autore                  | Steenbarger Brett N  |
| Titolo                  | The daily trading coach : 101 lessons for becoming your own trading psychologist / / Brett N. Steenbarger  |
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| ISBN                    | 9786612031182<br>9780470456675<br>0470456671<br>9781119197669<br>111919766X<br>9781282031180<br>128203118X<br>9780470456583<br>0470456582  |
| Descrizione fisica      | 1 online resource (370 p.)   |
| Collana                 | Wiley trading series   |
| Classificazione         | QK 820   |
| Disciplina              | 332.6/4019   |
| Soggetti                | Stocks - Psychological aspects<br>Speculation - Psychological aspects<br>Investments - Psychological aspects<br>Self-help techniques<br>Personal coaching  |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
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| Note generali           | Includes index.  |
| 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 BarrosCEO, 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. KirkThe Kirk Report ""

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