

1. Record Nr.	UNINA9911019183803321
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Titolo	The daily trading coach : 101 lessons for becoming your own trading psychologist / / Brett N. Steenbarger
Pubbl/distr/stampa	Hoboken, N.J., : John Wiley & Sons, c2009
ISBN	9786612031182 9780470456675 0470456671 9781119197669 111919766X 9781282031180 128203118X 9780470456583 0470456582
Descrizione fisica	1 online resource (370 p.)
Collana	Wiley trading series
Classificazione	QK 820
Disciplina	332.6/4019
Soggetti	Stocks - Psychological aspects Speculation - Psychological aspects Investments - Psychological aspects Self-help techniques Personal coaching
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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 ""
