

FREE TRADING IN THE ZONE: MASTER THE MARKET WITH CONFIDENCE, DISCIPLINE AND A WINNING ATTITUDE PDF



Mark Douglas, Walter Dixon | none | 21 Aug 2012 | Gildan Audio | 9781596598676 | English | New York, United States

Trading in the Zone: Master the Market with Confidence, Discipline, and a Winning Attitude

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See details for additional description. One of the best books for a day trader. So many people undervalue the importance of a good mental mindset when trading. This book has changed my approach big time! Verified purchase: Yes Condition: Pre-owned. I have been trading currencies for about three years.

Now I trade for a living and find that this book is one of the indispensable tools that should Trading in the Zone: Master the Market with Confidence in every trader's library, and not to collect dust but to be continually reviewed. It covers some Trading in the Zone: Master the Market with Confidence the same material as this author's first book, titled "The Disciplined Trader", but is organized in a way of immediate practical application.

Fantastic book at a great price. Verified purchase: Yes Condition: New. If you trade anything on any of the various markets, you should read this book! This book should be memorized by any serious trader. If you wonder after years of trading why you are not successful, the insights of this book will help you find the answers. I have known for several years that trading is nothing more than a psychological experience. Methods abound in the marketplace and there are many good 'systems'.

Your trading methodology Trading in the Zone: Master the Market with Confidence not necessarily the reason you can't produce consistent winning trades. Douglas brings Trading in the Zone: Master the Market with Confidence together for you to understand in a truthful and concise manner.

I will read this book over and over And as a side note, I got the book for a bargain price! Skip to main content. About this product.

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He takes on the myths of the market and exposes them one by one teaching traders to look beyond random outcomes, to understand the true realities of risk, and to be comfortable with the "probabilities" of market movement that governs all market speculation.

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Goodreads helps you keep track of books you want to read. Want to Read saving. ... Want to Read Currently Reading Read. Other editions. Enlarge cover. Error rating book. Refresh and try again. Open Preview See a Problem? Details if other. :. Thanks for telling us about the problem. Return to Book Page. Preview — Trading in the Zone by Mark Douglas. Thom Hartle Foreword by. Douglas uncovers the underlying reasons for lack of consistency and helps traders overcome the ingrained mental habits that cost them money.

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Lists with This Book. Community Reviews. Showing Average rating 4. Rating details. More filters. Sort order. Apr 30, Duffy Pratt rated it really liked it Shelves: trading. The author repeats himself. The book is full of pop psychology and bad science to illustrate or prove his points. If cut down to the core, the book could probably make a very nice five page magazine Trading in the Zone: Master the Market with Confidence.

And yet, for traders, I think this book Trading in the Zone: Master the Market with Confidence invaluable. Most could benefit from reading it again and again. If you trade, and cannot make yourself consistently successful, then the chances are that you harbor some beliefs that work against your

success as a trader. The trick is to find, and ne The author repeats himself.

The trick is to find, and neutralize, these beliefs. The goal is to eliminate fear and greed as operative emotions. It seems pretty easy to explain and to understand. It's much harder to put into effect.

So what does a trader need to believe: 1 Anything can happen. Basically, the trader's goal is to think like the casino. Keep the size of the bets is small enough in relation to overall capital to reduce the chance of a ruinous event.

And find an edge and simply trade it. That's all it takes to be successful. The lesson is simple to understand, but very hard to learn. That's why it bears repeating over and over again.

View 2 comments. Apr 10, Marcelo Bahia rated it did not like it Shelves: investingwhy-did-i-fall-to-this. Put a self-help approach on a trading book and you get this. Almost halfway into it, when a section about mental framework turned into an explanation about how thoughts and dreams are a form of energy, I noticed I was about to vomit.

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It has much more practical and substantiated advice for both novice and seasoned traders. View 1 comment. Sep 30, Alexander Lee rated it it was amazing. Top practical trading book read-to-date. The most common logic for new traders is to try to learn every method available to them. If they fall short of success, they attend more webinars, seminars, and read more books, only to confuse themselves further.

How do we get to 'step 2'? Have you ever hesitated on putting on a trade? Did you get pissed off when a stock did exactly what you thought it would but you just couldn't pull the trigger? This is why we have analysts as talking heads on T. They have an "edge" in the markets because they're able to perceive the markets from an objective standpoint from the markets perspective but as soon as they put their own money on the line, they start to perceive the markets in a threatening way; essentially, the trader's own beliefs, ingrained in their mind, cause them to perceive the market in a threatening way.

And that is why most traders fail in this business. So 'step 2': re-wire our thinking about the markets and learn to think in probabilities. Trading successfully is a paradox. What makes people successful in today's society, will not make Trading in the Zone: Master the Market with Confidence successful in the trading world. And it all comes down to our beliefs.

I encourage anyone trying to reach the next step in their trading to read this book, its the most practical book you'll ever read. One truth mentioned in this book: we need to be completely reconciled with the risk put on a trade. If we don't genuinely accept the risk, then we'll cut our Trading in the Zone: Master the Market with Confidence short, we'll cut a trade flat only to see it work in the direction once you exit, and the list goes on.

We start to narrow our focus on the pain that we try to avoid! We put over-emphasis on every down-tick or up-tick And remember, our core beliefs things we've learned in our upbringing DON'T make us successful as Discipline and a Winning Attitude. Just read the book if Trading in the Zone: Master the Market with Confidence want to reach the next level. It doesn't matter if you have a wealth of knowledge if you don't have the wisdom to apply that knowledge. Apr 24, erjan avid reader rated it it was amazing Shelves: trading-classics.

It must be number 1,2,3, Because it unveils the nature of trading to the core! It exploded my mind No other book on psychology comes close to this. Jun 02, Zack rated it Trading in the Zone: Master the Market with Confidence was ok Recommended to Zack by: Everyone and their mother.

Shelves: tradingnon-fiction. Considering how highly and oft mentioned this book is, I was rather unimpressed. The authors main points are fine and good. But boy does he ramble and bullshit. There is so much bad science and pop psychology in this book. And many times he says things like, "I wont go into depth about this," but then he rambles Trading in the Zone: Master the Market with Confidence that or another subject.

Not only should the reader Considering how highly and oft mentioned this book is, I was rather unimpressed. Not only should the reader already have such elementary knowledge before reading this book, he contradicts himself by giving any time to such matters.

Maximizing the trader's state of mind is the key to successful results. Conflicts, contradictions and paradoxes in thinking can spell disaster for even a highly motivated, astute and well grounded trader. Mark Douglas, a trader, personal trading coach, and industry consultant since sends the message that "thinking strategy" will profoundly influence a trader's success rate.

Douglas addresses five very specific issues to give traders the insight and understanding about themselves that will make them consistent winners in the market. Trading In The Zone offers specific solutions to the people factor of commodity price movement. It uncovers the true culprit for lack of consistency when it comes to stock picking: lack of focus and self-confidence. Through simple exercises, traders will learn how to think in terms of probabilities, and adopt the specific beliefs necessary to developing a winner's mindset.

Along the way, they'll gain valuable insights into their own entrenched misconceptions about the market. Backed by compelling examples, Trading In The Zone adds a new dimension to getting an edge on the market. Through a better understanding of themselves, as well as of Wall Street's realities, traders will come to leverage the power of their psyche for unprecedented profitability. Trading in the Zone is Trading in the Zone: Master the Market with Confidence to be read and placed on the shelf with the rest of the "trading" books.

You'll find like many traders that its place is on your desk as a companion. And it's not just about trading. Trading in the Zone will also help you approach your daily life in a more positive and insightful manner. I continually recommend to the traders that I mentor to read at least three pages of Trading in the Zone a day.

I've found it has the effect of transforming a person's thinking in ways that allow them to trade without the kind of fears that can cause them to make trading Discipline and a Winning Attitude or generally get in the way of their own success. It offers extensive insights into the development of the professional trader's mindset by giving the reader practical examples of what it takes to think and perform like a consistently successful trader. Even the most astute, highly motivated, well-grounded traders can be crippled by counter-productive thinking that leads to poor decisions and trading errors.

They suffer from an inability to stay objectively focused or lack the necessary confidence to execute their trades properly. Or they let mental contradictions and misconceptions about trading or the nature of the market Trading in the Zone: Master the Market with Confidence their trades.

In this book the reader will learn that maximizing the trader's state of mind is the key to successful results. Douglas teaches traders to Discipline and a Winning Attitude in terms of probabilities and to adopt the core beliefs necessary to assuming the "winner's mindset.

They know what they are going to do next. And that makes all the difference. If you know the book but cannot find it on AbeBooks, we can automatically search for it on your behalf as new inventory is added. If it is added to AbeBooks by one of our member booksellers, we will notify you! Douglas, Mark. Publisher: Gildan Media Discipline and a Winning Attitude This specific ISBN edition is currently not available.

View all copies of this ISBN edition. Synopsis About this title Maximizing the trader's state of mind is the key to successful results. From the Back Cover : "Although I consider Mark a close friend, I still feel privileged to write a review for a book that has made such a substantial contribution to the development and success of traders all over the world. From the Inside Flap : Even the most astute, highly motivated, well-grounded traders can be crippled by counter-productive thinking that leads to poor decisions and trading errors.

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