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Overcome Your Fear in Trading

By LR Thomas



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Overcome Your Fear in Trading By LR Thomas

The most prevalent emotion facing traders is fear. Fear causes traders to exit trades too early ruining their equity curve. Fear causes traders to self-sabotage so they can fulfil their self-fulfilling prophecy of trading failure. Fear causes traders to find reasons to avoid taking trades that would have been winners. Fear causes traders to exit trades before they have a chance to get the move under way and then have the misery of seeing a profitable trade run away from them. There are many more destructive aspects to fear in trading and what is vital for the trader in order for them to succeed is to have a way of thinking about trading that eliminates fear from the trading process. Overcome Your Fear in Trading is the companion book to the best-selling 'Control Your Inner Trader' and zeroes in on the single biggest problem traders face, their own fear. The book has been written by a therapist qualified in hypnosis, EFT and NLP who is also a trader with over eight years trading experience. Overcome Your Fear in Trading provides lots of exercises to specifically help with the problem of fear and is designed to give you a new paradigm about trading that will not only enable you to trade without the negative effects of fear but will also enable you to become a much better trader in the process. "I, too, bought LR's book "Overcome Your Fear in Trading" the moment it appeared and I was delighted I did. The author has a happy knack of getting to the core of trading issues, both from the system perspective and the psychology side. But even better, LR provides workable solutions in this book based around focusing on the Process rather than the Results. This is already helping to clear my head trash and to laying the foundations for a better way of thinking about my trading. It is the clarity and her deep perception of the human condition in LR's thinking and writing that makes her books really useful.""

Thank you so much, LR. Alastair Forrest UK



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Overcome Your Fear in Trading By LR Thomas Bibliography

- Sales Rank: #725981 in Books
- Published on: 2014-03-10
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .13" w x 6.00" l, .19 pounds
- Binding: Paperback
- 56 pages

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Editorial Review

From the Author

I have been a trader for 8 years and I know what a struggle it can be. I have been using my systems for the past two years and I decided to share them with other traders so they can hopefully short cut their time to becoming a profitable trader. I post updates on my blog 10XROITradingSystem.com to answer questions from my readers.

I am also a qualified therapist and have written books to help traders with their trading psychology. You can visit my trading psychology blog traderselfcontrol.com to find out more about the ways I help traders with their trading psychology.

Good Trading

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