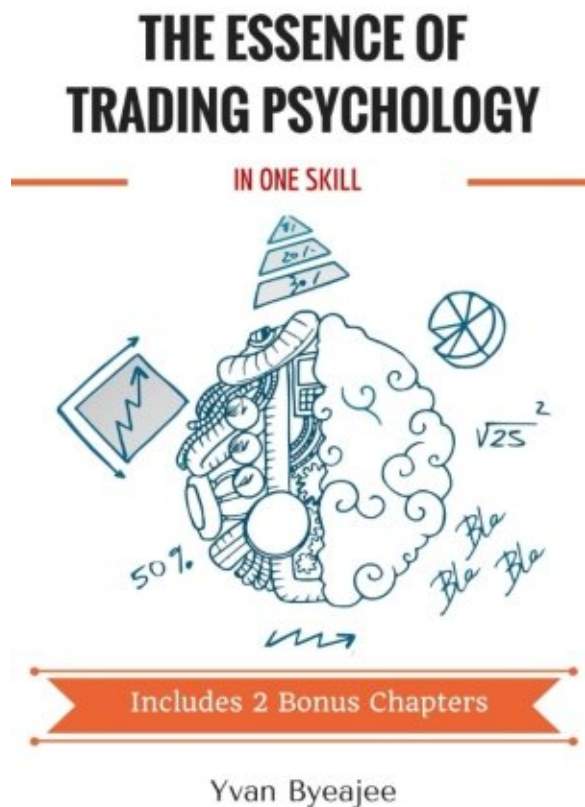


THE ESSENCE OF TRADING PSYCHOLOGY IN ONE SKILL BY YVAN BYEAJEE



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Review

"You have written one of the best trading psychology books I've ever read. And I've read almost all of them."-- Steve Burns, Trader, Best-Selling Author (newtraderu.com)

From the Author

The idea behind this book began in 2011, when I realized what was pulling the strings of my constant failures as a trader. At that time, I had a proven trading methodology, but still, I couldn't operate it without repeatedly making a number of trading errors. At one point, I had lost most of my trading capital; I was unhealthy, unhappy, and stuck in my bad habits. After failing to make any good trading habit stick, I decided to make one change: I stopped wishing or wanting things to happen. Don't get me wrong, I didn't give up on my goals. I just decided to let things happen as they may without holding any expectations whatsoever. Then, I made another small change: I changed the way I viewed losses. I stopped believing that I was a victim of circumstances. This realization prompted me to stop believing everything my mind was telling me when I was under stress. And a year later, I had changed a dozen of self-limiting habits that caused me to deviate from my trading methodology and made consistency an impossible feat to achieve. As it turns out, I am now enjoying consistent trading results; I am healthier and happier than ever, all the while doing the work that I love - trading and writing about my experiences. In The essence of trading psychology in one skill, I share the shift in perspective I underwent that has helped me let go of my bad habits and generate consistency - in my behavior and my results. This short book is a culmination of everything I have learned while changing my life, and now, I want to help you change yours!

From the Back Cover

I will help you improve your trading results! But here's what I will not do:

- I won't sell you any bogus trading system
- I won't sell you platitudes, freely available on the internet
- I won't promise you worlds of wonders if you join this website, course, or whatnot.

Instead,

- I will give you a reality check of how your beliefs about money, certainty, failure, etc. are affecting your behavior in the markets.

- I will show you how to look past those limitations.
- I will empower you to become a better version of yourself for the sake of consistency in your behavior, and your results.

If you are a truly dedicated trader who is willing to "work hard" at achieving his financial goals in the markets, then this book is a must-read!

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THE ESSENCE OF TRADING PSYCHOLOGY IN ONE SKILL

BY YVAN BYEAJEE PDF

Do you:

- * Freeze right when you're supposed to take a signal?
- * Consistently risk more than you should on your trades?
- * Prematurely exit good trades and hang on to bad ones?
- * Beat yourself up after a losing trade?
- * Compare your results to others?

As any real trader who trades for a living will attest, these are recurring behaviors that can be difficult to eradicate. And the reason is rather simple: the pressure -- to perform, to sustain a living, to pay the bills -- engenders anxiety, stress, and other limiting states of the mind which precisely affects behavior, and makes trading consistently a battle that is difficult to win.

For a very long time, I have struggled with those too, but the more I learned about myself, the more I realized that all these problems have the same origin at their core -- and they're solvable!

I am incredibly excited to put this book into your hands! I have been trading for a living since 2006 and I went through multiple failures in the markets. I will show you how I am now able to sustain consistency in my behavior and my results -- it's not as hard as you may think!

The essence of trading psychology in one skill is a concise and practical guide to change, and at its core is one simple concept which you can start to apply right away.

- Sales Rank: #843919 in Books
- Published on: 2016-03-24
- Original language: English
- Dimensions: 8.00" h x .27" w x 5.00" l, .29 pounds
- Binding: Paperback
- 118 pages

Review

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From the Back Cover

I will help you improve your trading results! But here's what I will not do:

- I won't sell you any bogus trading system
- I won't sell you platitudes, freely available on the internet
- I won't promise you worlds of wonders if you join this website, course, or whatnot.

Instead,

- I will give you a reality check of how your beliefs about money, certainty, failure, etc. are affecting your behavior in the markets.
- I will show you how to look past those limitations.
- I will empower you to become a better version of yourself for the sake of consistency in your behavior, and your results.

If you are a truly dedicated trader who is willing to "work hard" at achieving his financial goals in the markets, then this book is a must-read!

Most helpful customer reviews

1 of 1 people found the following review helpful.

This One is a Keeper!

By Trading Truth Seeker

This book is a keeper! As a trader, if you've ever wondered to yourself, how do I get inside my head to find out what is going on with me when I put on a trade, then this book will certainly open up new mental pathways to the answers you seek. I see a lot of wisdom in these pages which concisely delve into such insightful one liner phrases like: "Willpower is a wasting asset", "control in the markets is an illusion", "trading effectively is about assessing probabilities not certainties", and my favorite of the group; "neurons that fire together, wire together". Throughout this book, Yvan does of excellent job of making a sound and logical case for every concept and idea he discusses. There is no doubt that you will be a different trader when you put this book down after reading, and thinking about its wisdom. I guess the only criticism I have is that Yvan "borrowed" a few choice words and phrases from Mark Douglas' Trading in the Zone, and I didn't see any attribution,...but I think that Mark (RIP) would have approved with where Yvan took those words, ideas, and concepts into new ground. Also, though I'm not a fan of "Eastern Meditation", I do like the alternative techniques that Yvan offers in the book, which accomplish the same results, and I have since "learned" how to daily meditate...my own way. This book is small in size ...but very powerful in content. Nice Job Yvan!

0 of 0 people found the following review helpful.

FANTASTIC BOOK

By LT

I highly recommend this book ! I was introduced to Yvan through Twitter and became interested very quickly in his post and website. After visiting his site I figured I would give his book a try. To be honest like many out there I was skeptic at first, but something told me to order this book, and the rest is history. What was once normal for me to take days and sometime weeks to accomplish a book I had finished this book withing twenty four hours. The book is in easy to read format and to the point. Thank you Yvan for a wonderful book !!!

0 of 0 people found the following review helpful.

I highly recommend this book for other investors and traders looking to ...

By WC

Having read Yvan's other books, I was eager to see his new work, and so far have been very impressed! His writing style blends a craft and articulation that flows as much as his messages. And the topics are big and challenging ones, but his wisdom derives from accumulated experience, learning from past mistakes and failures to evolve in a very substantial way. This will be a book I come back to again and again. I highly recommend this book for other investors and traders looking to improve and willing to see the parallels between life in the markets and life out of the markets.

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