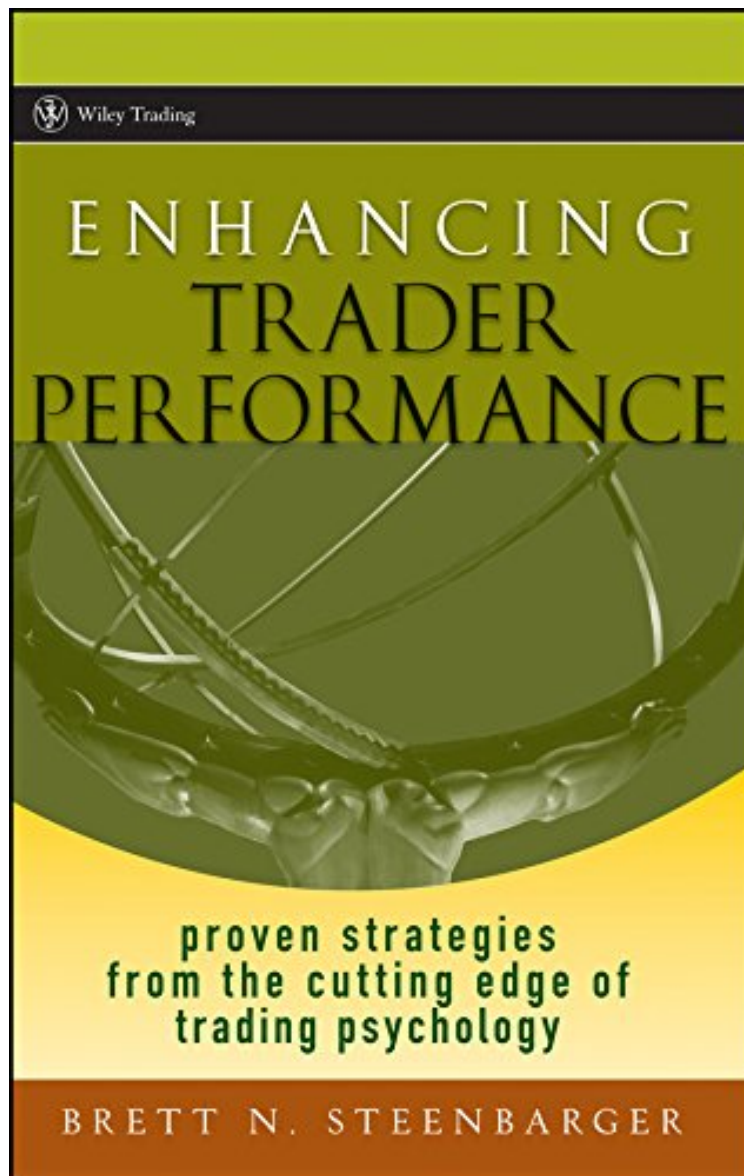


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Enhancing Trader Performance: Proven Strategies From the Cutting Edge of Trading Psychology (Wiley Trading)

Brett N. Steenbarger

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0 of 0 people found the following review helpful. An Outstanding Book By B. Traven This is one of the best, if not the best, book on the psychology of trading I have ever read. I hope that the author, instead of trying to write a new book with a new approach, comes back to this book and revises (the writing could be improved upon) and republishes it at some point. This book is a classic for its subject. It covers the psychology of trading so well that no other book is necessary, in my experience, and I have read Steenbarger's other books, along with many books about trading and trading psychology. While I may be wrong in this opinion, I know that if you want to understand the psychological problems associated with trading, and their treatment, you should read this book. Chapters 8 and 9, the final chapters, say it best.

4 of 4 people found the following review helpful. Mathematician and Futures Trader By Richard C. Orr As a former professor of mathematics and futures trader for the past 25 years, I would strongly recommend this book to anyone considering trading on either a part-time or full-time basis. Most people assume that the way to make trading profitable is to find the right trading model. In my own experience, psychology contributes 60 percent to the outcome, money management 20 percent, and one's approach or model 20 percent. Get any one of the three wrong and you will lose, but concentrate first on trading psychology. Brett Steenbarger does a masterful job of teaching the willing student much that is crucial to successful trading. I would rate this as one of the ten best books on trading for people with any level of experience.

0 of 0 people found the following review helpful. Gives a very realistic view of trading and simple solutions for common trading issues By Dee A. I have been in finance for 25 years, including being a stockbroker. This book is written in very easy language that gives simple solutions to the common pitfalls of trading. I am very very glad I read it. It takes away the fantasies about trading and gives the hard reality of trading. I like his breathing technique for calming the nerves. It really works! This book, along with Rande Howell's book from tradersstateofmind.com are the best books I have ever read about the psychology of trading, and I have read many.

Through his own trading experiences and those of individuals he has mentored, Dr. Brett Steenbarger is familiar with the challenges that traders face and the performance and psychological strategies that can meet those challenges. In *Enhancing Trader Performance*, Steenbarger shows you how to transform talent into trading skill through a structured process of expertise development and reveals how this approach can help you achieve market mastery.

From the Inside Flap Trading is a performance discipline, and like Olympic athletes, elite military troops, and performing artists, traders can structure their development to achieve competence and expertise. Through his own trading experiences and those of individuals he has mentored, Dr. Brett Steenbarger is familiar with the challenges that traders face and the performance and psychological strategies that can meet those challenges. In his first book, *The Psychology of Trading*, Dr. Steenbarger provided a framework for understanding and overcoming the mental obstacles to successful trading. Now, in *Enhancing Trader Performance*, he goes a step further and shows you how to transform talent into trading skill through a structured process of expertise development. Straightforward and accessible, this comprehensive guide: Discusses the importance of finding an optimal fit between your trading talents and interests; the markets you trade; and the ways you trade those markets Explores how you can enter into a learning process that will cultivate your trading competence and expertise Introduces the concept of learning loops, which enable you to make progressive improvements in your trading methods Breaks down performance into three components—mechanics, tactics, and strategy—and examines the role of each in generating trading success Illustrates how you can coach yourself with practical cognitive and behavioral techniques that rapidly change problem patterns and build new, positive ways of thinking and behaving When you enhance your performance as a trader, you replace a small piece of randomness with intention. This enables you to make more informed trading decisions as you make your way through today's dynamic markets. Filled with in-depth insights, practical advice, solid research, and detailed examples, *Enhancing Trader Performance* offers an innovative approach to market mastery.

From the Back Cover Praise for *Enhancing Trader Performance* "Brett Steenbarger gives traders the best tool to improve their own trading: a look into themselves. By setting up a quantifiable, positive learning system, Brett allows anyone, from experienced fund managers to beginner traders, to maximize individual potential." —Larry Connors, CEO, Tradingmarkets.com "Brett proves that mental toughness CAN be learned and hits the nail on the head when applying performance theory to trading! He shows how classic topics, such as the consistency and habits built from day-to-day routines to the importance of positive self-talk, can be applied to the abstract arena of the markets. Traders of all levels will be inspired by these strategies for performance enhancement in their journey towards mastery." —Linda Raschke, LBR Group, Inc. "Successful traders know that winning has less to do with technical knowledge and more to do with understanding yourself, pinpointing your strategy and process, and implementing it in a consistent, disciplined manner. *Enhancing Trader Performance* shows that your personal success lies at the intersection of your talents, skills, and opportunities. Brett guides you toward identifying your talents, developing your skills, and applying both as opportunities arise. For anyone interested in improving their trading, reading this book may be one of the best trades you ever make." —Jim Dalton, trader, coauthor of *Mind Over Markets* and *Markets in Profile*, and Senior Vice President and Director (Retired), ICS Integrated Products and Research, UBS Financial Services Inc. "The one statement in the book that stands out, 'You cannot have trading consistency if you do not have emotional consistency,'

says it all. This book must be read, and reread, if you want to succeed in the trading arena." mdash;Ken Wood, "Woodie" of www.woodiescciclub.comAbout the AuthorBRETT N. STEENBARGER, PHD, is Clinical Associate Professor of Psychiatry and Behavioral Sciences at SUNY Upstate Medical University in Syracuse, New York, and an active trader of the equity index markets. He has published over fifty peer-reviewed journal articles and book chapters on topics related to brief therapy, and is the author of *The Psychology of Trading*, also published by Wiley. As Director of Trader Development for Kingstree Trading, LLC, in Chicago, Dr. Steenbarger has mentored numerous professional traders and coordinated the training of new traders.