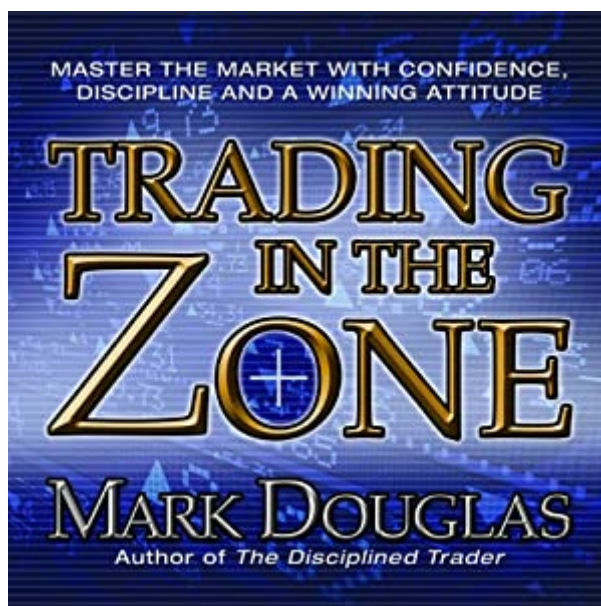


The book was found

# Trading In The Zone: Master The Market With Confidence, Discipline And A Winning Attitude



## Synopsis

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 1982, 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."For those of you who have had the pleasure of hearing Mark Douglas speak at a conference or at one of his live workshops, please note that this audio version is NOT read by Douglas. This version is read by a professional reader, someone who reads books for a living ~ and most importantly, is NOT a trader or in the investment industry. This is a distinction that may make a difference in your listening experience."

## Book Information

Audible Audio Edition

Listening Length: 8 hours 7 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Gildan Media, LLC

Audible.com Release Date: May 12, 2011

Language: English

ASIN: B0050IR5IW

Best Sellers Rank: #11 in Books > Business & Money > Investing > Stocks #27 in Books > Audible Audiobooks > Business & Investing > Personal Finance & Investing #36 in Books > Business & Money > Investing > Introduction

## Customer Reviews

I read this, and the book, "the disciplined Trader" years ago, and "didn't get it", despite my "cute" little markings in the book, and all the highlighting. It wasn't until I sustained ALOT of pain, that I went back, and started really USING these books, and am finally truly understanding them. I NOW understand why they are considered the GOLD STANDARD in Trading psychology. NO ONE BUT MARK DOUGLAS gets it to this level, and I've studied and read "everything". Mark nails it.

Unfortunately, I did not have a clue before, and thought I could use my wits and cleverness to get ahead "without" everything that he outlines. It is, and will continue to be my "Trading Mental Bible", and I will brainwash myself with this until it penetrates every synapse I have. This is truly a Must Read if you are serious about trading the markets.

I have read this book 10 or 15 times over the years.....Best book on trading mindset out there IMO....If you can wrap your mind around it, this book will change your life as a trader...I had the pleasure of meeting and listening to Mark speak several times over the years..He is greatly missed.....Rumor has it he had a new book ready when he passed...Can't wait to see it.....

The very best source to learn this necessary step in successful trading. You can have all the analytical skills in the world, and if you do not have the right mindset you will be among the vast overwhelming majority of people who fail at trading and lose a boatload of money in the process. Study this book carefully if you wish to be in the small percentage of successful traders.

I bought this book with a bunch of other books, this I bought used and the others new. this one is the only one that came looking new while the others are old

Incredibly useful for developing an understanding of reactions and behavior in trading which in turn explains the root of many common obstacles and deficiencies many traders suffer from and how to deal with them. This book is aimed at experienced traders looking to enhance their performance or for those who have the analytical abilities needed for successful trading along with a solid trading system/strategy but are unable to profit in the long run due to problems executing consistently. I am one of the latter and this book became a milestone and turning point for my trading since it has helped me beyond my highest hopes. This is the first book review I have ever written, excluding school, because I simply never care to bother with such things but this book really deserved one. I strongly recommend also listening to the audiobook, which I did, to fully internalize the concepts presented.

If you trade in any market this book is a must read, it will make a major difference in your trading results.

If you've ever hesitated to place a trade based on your fears or you've lost all your profits about as fast as you made them then more than likely psychology was a factor. Once I realized I wasn't going to be a successful trader until I started thinking differently I began looking for answers and, thankfully, found Mark Douglas. He explained very well why I made the mistakes I did and offered viable solutions. It's not an overnight fix but I'm well on my way to trading without emotions and realizing the market isn't out to get me. I honestly can not express in words the value of this book to me. Thank you Mark Douglas!

After being fortunate in riding the vertical rally from the 2009 bottom and then suffering unspeakable losses in the 2011 correction (leverage effect), this was my first ever trading book. I was suffering some significant mental anguish about my mistakes in the market (amongst other life events) and this book helped me put my investing and trading back into perspective. For that I have a natural bias of favorability towards it, but I don't believe it is unfounded. As I scoured the text I had epiphany after epiphany as Douglas described the emotions and trading conditions I had just encountered and why they are the natural reactions of most market participants. His teachings of ownership, consistency, perception, expectations and beliefs form the foundation of my trading psyche to this day. I would recommend this text to all traders as a tool for rationalizing and combating the confusion and frustration that the market applies to us each day. It's a relatively short read but a highly influential one that should help ground you when your trading emotions start to boil over.

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