

Maximizing the traders 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 traders 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 winners mindset. Along the way, theyll 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 Streets 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.

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