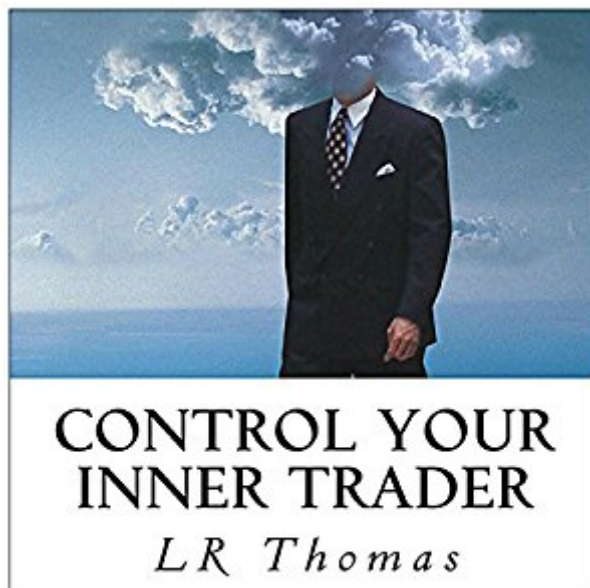


The book was found

# Control Your Inner Trader



## Synopsis

Self control is probably the most important skill you need to acquire as a trader. Unfortunately most trading psychology books can be very vague and short on specific strategies to take control of your mental state while trading. Control Your Inner Trader draws on the experience of an eight-year trading veteran who is also a qualified therapist. Behavioural and therapeutic techniques are included in the book that are easy for anyone to follow.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 11 minutes

Program Type: Audiobook

Version: Unabridged

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Whispersync for Voice: Ready

Language: English

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## Customer Reviews

Few trader psychology books deliver on sufficient tools. This book is surprisingly different. Despite being short compared to other well-known top trader books as "Trading in the Zone by Mark Douglas" and "Trading for a Living by Alexander Elder" I must say that "Control Your Inner Trader" is definitely among the better ones. Any trader who believe that he or she can improve despite even good results will find this book have a refreshing new angle on how one can improve behavior and become a much better trader. This book is time well spent.

For a short book, I found more practical solutions for erroneous mental habits whilst trading, than you might ever imagine. This is (for me) the most difficult area of trading and the author LR Thomas has got right the nub of issues with no fluff or filler. I am adopting parts of this book as my mantra.

L R Thomas has covered many different behavior problems that traders are faced with. This is one

area that isn't discussed as frequently as other areas of trading. He has done a great job of helping the trader to overcome these trading obstacles. L R Thomas has covered four different areas in his trading books. The 10XROI Trading System - A system plus Money Management. Trade Around Your Job System - This is perfect for one who is still working but wants to trade, too. Control Your Inner Trader - This one deals about the psychological side of trading. One needs the proper mindset to trade. Learn to Trade Without Losing Your Shirt - A must for every beginner. These books would compliment any trading library. Enjoy.

If this doesn't work for dispelling the bug-a-boos, nothing will. Have been trading for 25 years sporadically because I used to trade my capital away. This is working for me. Thank you for carrying this book.

Control Your Inner Trader - LR Thomas, thoughtfully explores the important areas of exploring your inner self your motives for wanting, believing and controlling your trading behaviour. The book is like any trading strategy that you should be adopting direct simple and effective. Adopt the positive habits and this will put you on the road to accessing the inner trader in yourself.

A great little book that addresses many of the typical problems and more importantly the feelings that arise during trading. Traders at every level have either worked through these issues or quit in frustration, and Thomas has done a nice job of identifying the cliff that we all hang on and feel at times. The definition of a professional trader taken from the ideas of Stephen Pressfield's "The War of Art" is spot on. The emphasis on trading as an art vs. a work ethic is different from other psychologist in the business. The key question of "Why do you trade?" reflects on the inherent contradictions of how many people approach the business. With concise and clear solutions with recommendations that will encourage you in your development identifying and working on personal issues that arise in the markets.

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