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Peak Performance Trading And Investing (English Edition)



Par Bruce Bower

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Description :

Prsentation de l'diteurPeak Performance Trading Investing is a clear road map for both traders and investors seeking success in any market and on any time frame.Seven LessonsIn his research, Bruce kept coming back to the same topics and points over and over. His blog posts over several years would hammer away at the same conclusions. He decided to summarize the main things he had leaned as the following seven lessons:1. Good trading is about good decision-making.2. Peak performance is the right lesson through which to view

our trading³. A process and methodology of your own are what make you a long-term winner⁴. Process and psychology interact⁵. Excellence requires reviewing and tweaking⁶. You need to understand the roles of skill and luck⁷. The mental game is critical and there are numerous tools to improve on it. In the book, Bruce does a deep dive into the thinking and research behind these conclusions, drawing the reader into the nuts and bolts of how the markets, process and psychology interact and what you, as a trader or investor, can do to achieve peak performance. Many of the exercises and tools in this book were developed by Bruce and are being shared with the world for the very first time. This is an exciting chance to get a new and innovative approach, to take your trading to the next level.

Key Benefits

1. You'll learn the nuts and bolts at the heart of any successful methodology, whether you are an intraday trader or a long-term investor
2. A new understanding of risk that will help you to design a workable trading system, no matter what your objectives are.
3. The three-step process for a trader or investor how to move seamlessly from a plan to execution and constant improvement
4. How to prepare yourself so that you know the right decision to make and how to execute it flawlessly, every time
5. How to identify errors in your plan or your execution and how to fix them
6. The advanced psychological tools, used by peak performers from all walks of life, to help you feel calm, confident and in the zone

About the Author Bruce Bower has been interested in the markets since he was a kid. Right out of college, he landed his dream job at a bank as a trader...only to suffer big losses in his first year. Despondent, he resolved never to lose again. He plunged into deep research and discovered the field of Elite Performance a decade ago. He quickly recognized its applicability to the professional world of investing and trading. This book takes you on Bruce's journey as he learns the nuts and bolts of elite performance, encompassing topics as varied as probability, process and psychology. After testing out many different ideas, he formulated this new approach, which enabled him to become a very successful fund manager. Now you too can profit from Bruce's research and see how it applies to your own trading and investing, regardless of your style, approach or experience.

Peak Performance Trading Investing is a synthesis of his ideas on the topic and is an invaluable read for anyone serious about tackling the financial markets and turning into an elite performer.

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