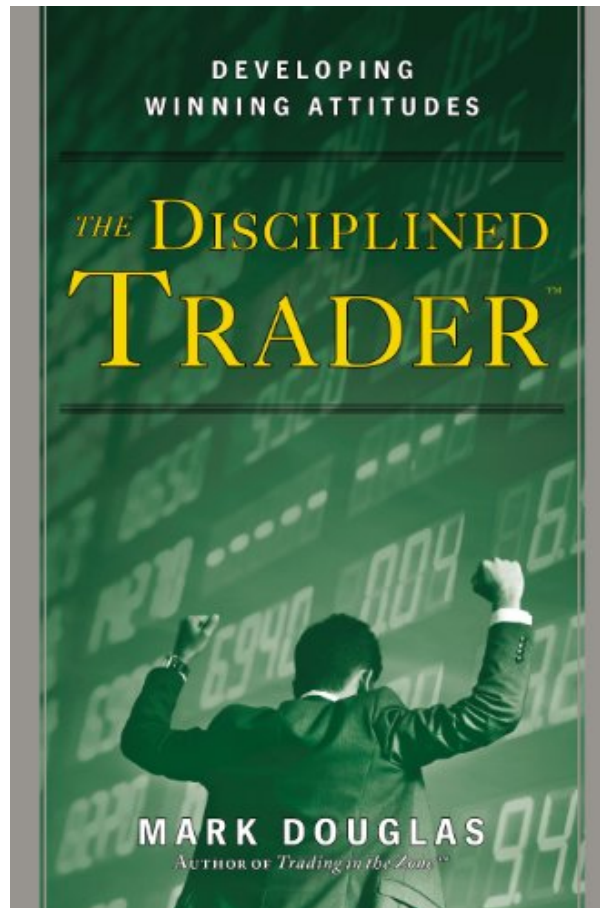
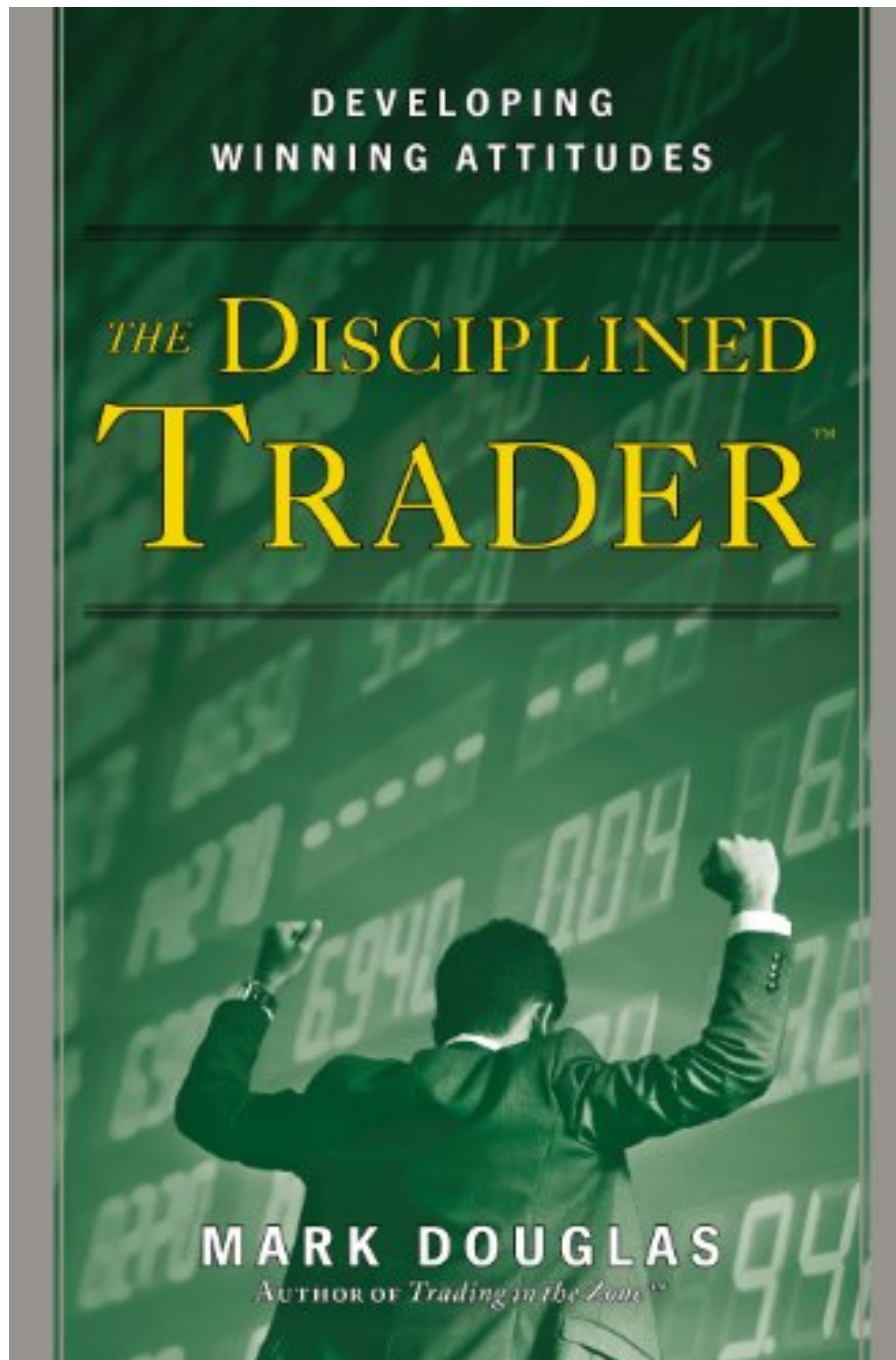


THE DISCIPLINED TRADER: DEVELOPING WINNING ATTITUDES BY MARK DOUGLAS



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Review

One of the first books to address the psychological nature of how successful traders think ~ *The Disciplined Trader™* is an industry classic. --- Global Publishing House

A groundbreaking work published in 1990 examining as to why most traders cannot raise their equity on a consistent basis, bringing the reader to practical conclusions to go about changing any limiting mindset. --Larry Pesavento - TradingTutor.com

Douglas helps traders neutralize the fear of losing into a mindset of winning ~ through this systematic approach to creating, instilling, and maintaining the mindset of a consistently successful trader. --- Beliefs Management Institute inc.

From the Author

In my book, the trader is taken through a step-by-step process to break through those queries ~ and begin to understand that their very thoughts may be limiting their ability to accumulate and succeed at trading. This book can help any trader change the fear of losing into a winning attitude based on the step-by-step approach for learning the mental skills necessary for accumulating the wealth you desire on a consistent basis.

From the Inside Flap

"Emotion killssuccessful trading."

In *The Disciplined Trader,™* Mark Douglas, an expert on the dynamics of trading, shows why most traders are unprepared for the different and unique strategies required for success in the trading environment. With rare insight based on his firsthand commodity trading experience, the author demonstrates why the beliefs learned to function effectively in society are often formidable psychological barriers intrading. After examining the causes for the development of losing attitudes, this book prepares the reader for a thorough "mental housecleaning" of deeply rooted concepts and traditional thought processes. And then it shows the reader how to develop and apply attitudes and behaviors that transcend psychological obstacles and lead to success.

The Disciplined Trader™ helps you join the elite few who have learned how to control their trading behavior (the few traders who consistently take the greatest percentage of profits out of the market) by developing a systematic, step-by-step approach for winning week after week, month after month.

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In a comprehensive and logical manner, Mark Douglas shows you how to examine and limit your trading behavior--how to develop the mental discipline possessed by the small minority of winners who make money consistently (weekly, monthly, and yearly).

Mark Douglas is also author of "Trading in the Zone™ ~ Master the Market with Confidence, Discipline and a Winning Attitude" published in 2000~ his second book written on trading psychology; "The Definitive Guide" published in 2015, "The Little Book of Trading Performance" real-life coaching sessions co-written with Behavioral Finance coach Paula T. Webb, completed several years ago and recently made available in Kindle, as well as several other publications and media coming soon. More information - markdouglas.com.

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The Disciplined Trader: Developing Winning Attitudes By Mark Douglas. Is this your extra time? Just what will you do after that? Having extra or cost-free time is very remarkable. You could do every little thing without force. Well, we mean you to spare you couple of time to review this publication *The Disciplined Trader: Developing Winning Attitudes By Mark Douglas* This is a god publication to accompany you in this leisure time. You will certainly not be so hard to know something from this publication *The Disciplined Trader: Developing Winning Attitudes By Mark Douglas* Much more, it will aid you to get far better information and also encounter. Also you are having the terrific jobs, reading this publication *The Disciplined Trader: Developing Winning Attitudes By Mark Douglas* will certainly not add your mind.

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One of the first books to address the psychological nature of how successful traders think ~ The Disciplined Trader™ is now an industry classic. In this groundbreaking work published in 1990 ~ Douglas examines the causes as to why most traders cannot raise and keep their equity on a consistent basis ~ and brings the reader to practical and unique conclusions as to how to go about changing any limiting mindset. The trader is taken through a step-by-step process to breakthrough those queries ~ and begin to understand that their very thoughts may be limiting their ability to accumulate and succeed at trading.

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- Model: 1563506
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- Released on: 1990-04-01
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Most helpful customer reviews

1 of 1 people found the following review helpful.

Interesting Insight Into The Mind And Trading

By Digital Love

A sort of cliché wise old man approach to learning trading. Such as, "To learn to trade the markets, you must first learn to trade yourself." Not much in the way of trading systems, but it reveals that learning to trade is first a task of conquering your fears. This is perhaps why it is so difficult for most.

This book fascinated me and had instilled a more profound passion and deeper love for the intricacies of Forex trading. It certainly seems to assert that the markets are a mirror of yourself.

10 of 10 people found the following review helpful.

A How-to on Belief Change

By Daniel Mezick

This book clearly explains how BELIEFS drive cognitive functioning. If you are interested in more accurately perceiving object reality (rather than your filtered versions of it) then this book is for you. Douglas explains how beliefs filter reality. He then goes on to explain how to manage your beliefs, such that you become more adaptive and learn faster from experience. He provides specific mechanical steps for engaging in belief change.

This book is actually about becoming more fully conscious ! Douglas shows you how. Douglas confirms the

findings of Ariel and Mack in the book INATTENTIONAL BLINDNESS. To appreciate this book, you really do have to understand the IB phenomenon as described in that book...

An earlier reviewer quotes this from the book, poking fun at it:

"Our committed expectations about the future will act as a force on our perception of market information to control its flow into our mental system in such a way as to avoid a confrontation with anything that doesn't conform with what we already believe is possible."

What Douglas is saying is simple: predictions are beliefs, and you will automatically ignore data that invalidates your beliefs. Beliefs, including predictions and judgments, are in fact filtering your perception of objective reality. This means that what you believe has everything to do with what you notice or perceive.

This book is actually a classic, from a layman, on cognition and cognitive process. The biggest contribution to cognitive science here is the coverage of fear and how fear narrows perception in a very dangerous way for traders. Approach the book as a cognitive science book written by a very experienced and knowledgeable layman and you'll enjoy this book tremendously. The subject matter is applicable well beyond the trading domain. However, since trading is so psychologically demanding, it is in fact a laboratory for understanding cognition and cognitive effects produced by emotions like fear. Buy this book if you want the inside scoop on how you actually are perceiving the world around you.

131 of 134 people found the following review helpful.

Pearls of wisdom - encrypted over and over

By MLo

First off let me assure you that Mark Douglas deserves all the generally positive reviews he's received for this book and for "Trading in the Zone." What Douglas has to share is essential, extremely valuable information for both aspiring and veteran traders alike. That said, stand warned that Mr. Douglas has quite a tedious writing style. He suffers (and thereby, so does the reader) from a particularly diffuse, circular, and repetitive style. He gives redundant a bad name. Here's a sample, you be the judge:

"Our committed expectations about the future will act as a force on our perception of market information to control its flow into our mental system in such a way as to avoid a confrontation with anything that doesn't conform with what we already believe is possible." Got that? Then this book is for you.

You don't have to worry about picking between The Disciplined Trader, and Trading in the Zone - Mr. Douglas is so repetitive that he essentially wrote the same book twice. Material from each book is either reprinted verbatim or repeated in a slightly different way in the other.

In fairness, Douglas is struggling to convey some very complex psychological concepts which don't easily distill down to catchy one-liners. Still, for all of his good things to say, Mr. Douglas would only benefit from a good editor.

Stick with it though - the keys to success are buried within. And then re-encrypted over and over.

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