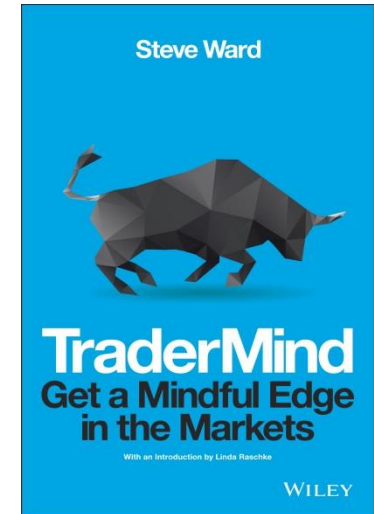
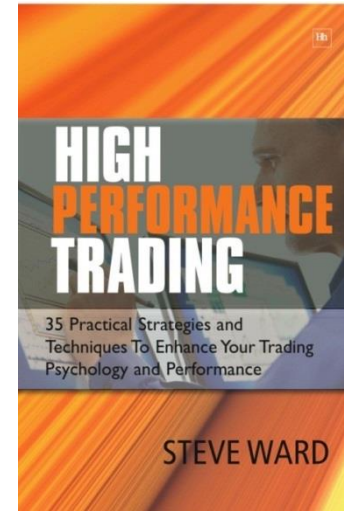
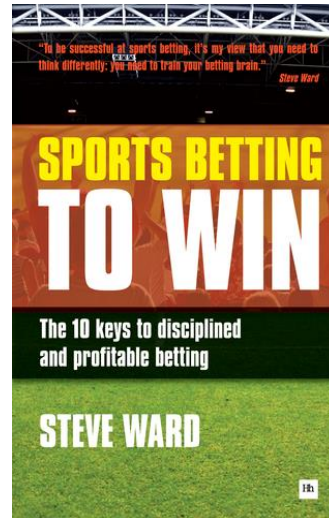
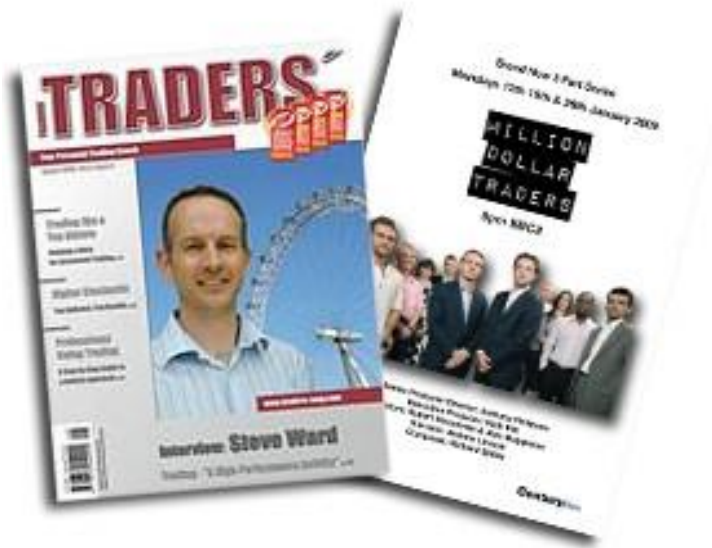


# Trader Mind

How To Become A Savvy Trader With A Mindful Edge



# Savvy

***Shrewdness and practical knowledge***



**BUY**

**HOLD**

**SELL**

Mindfulness involves paying attention in a particular way:

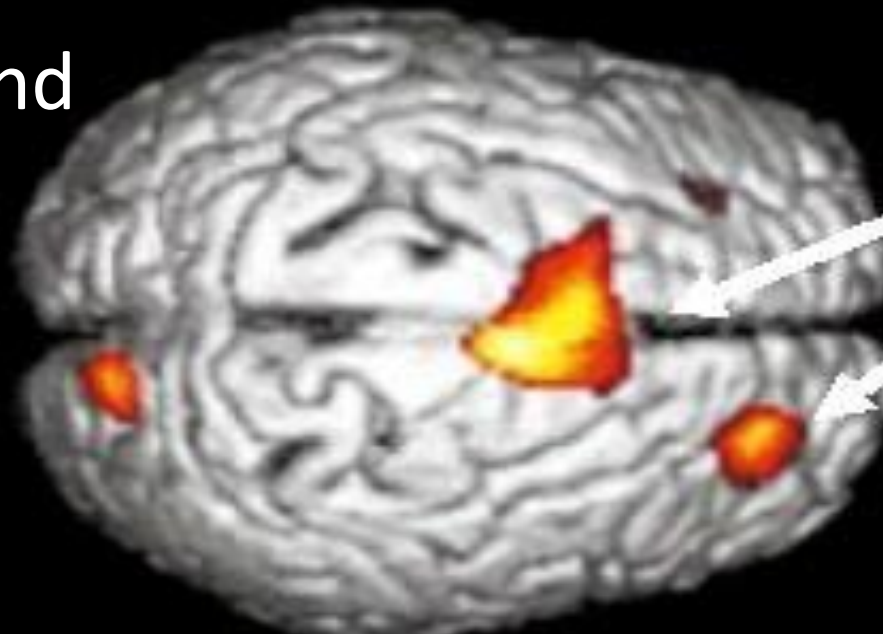
- On purpose
- Moment-by-moment
- Without judgement



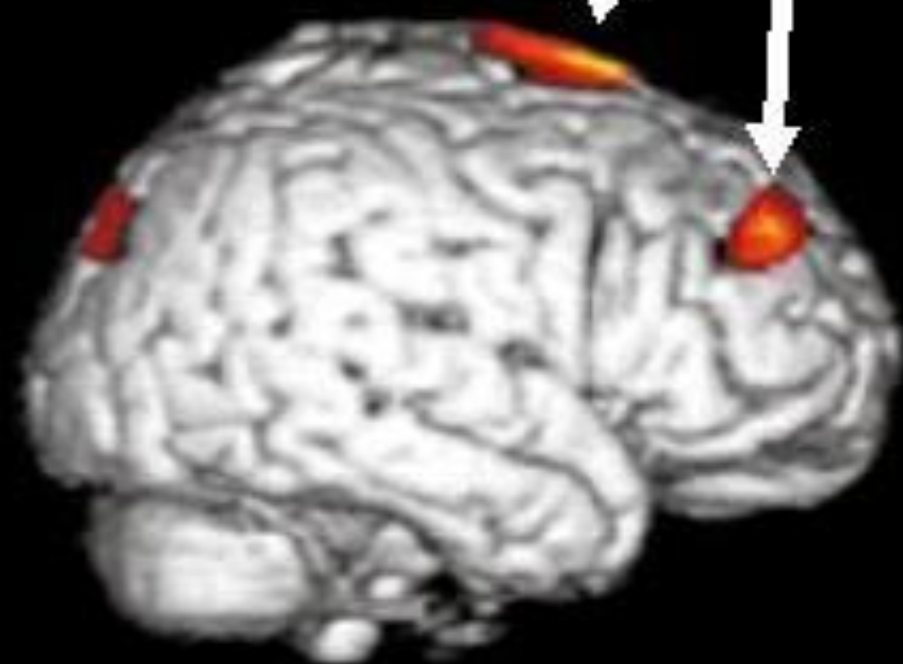
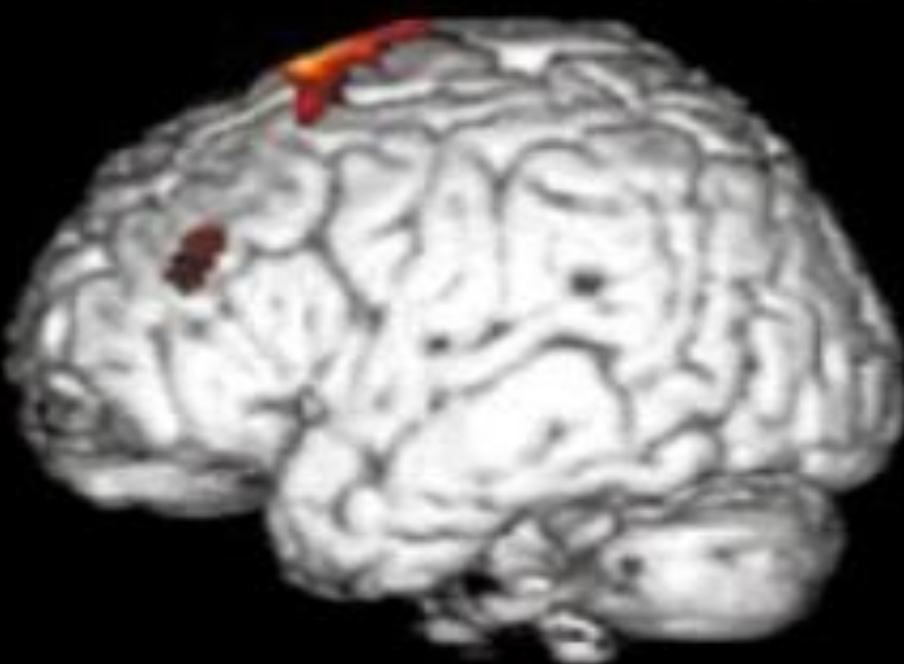
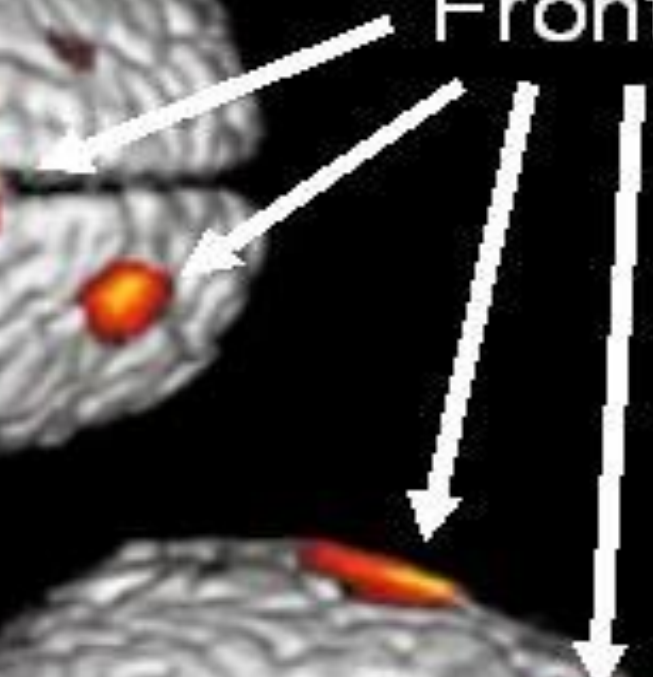
Noticing and recognising what's happening while it is happening



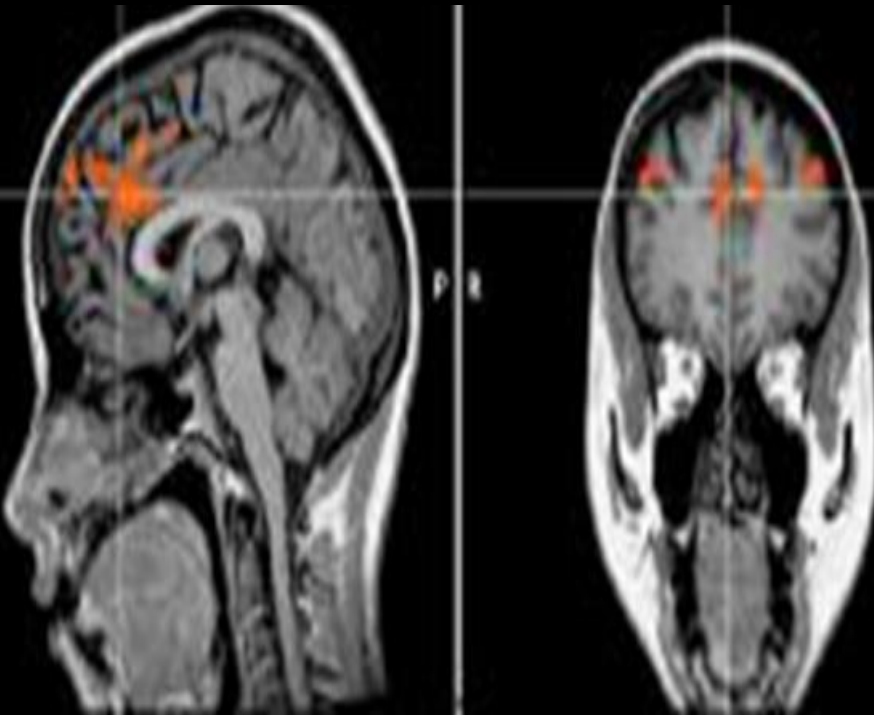
# Functional and Structural Changes



Frontal



# Mid Pfc

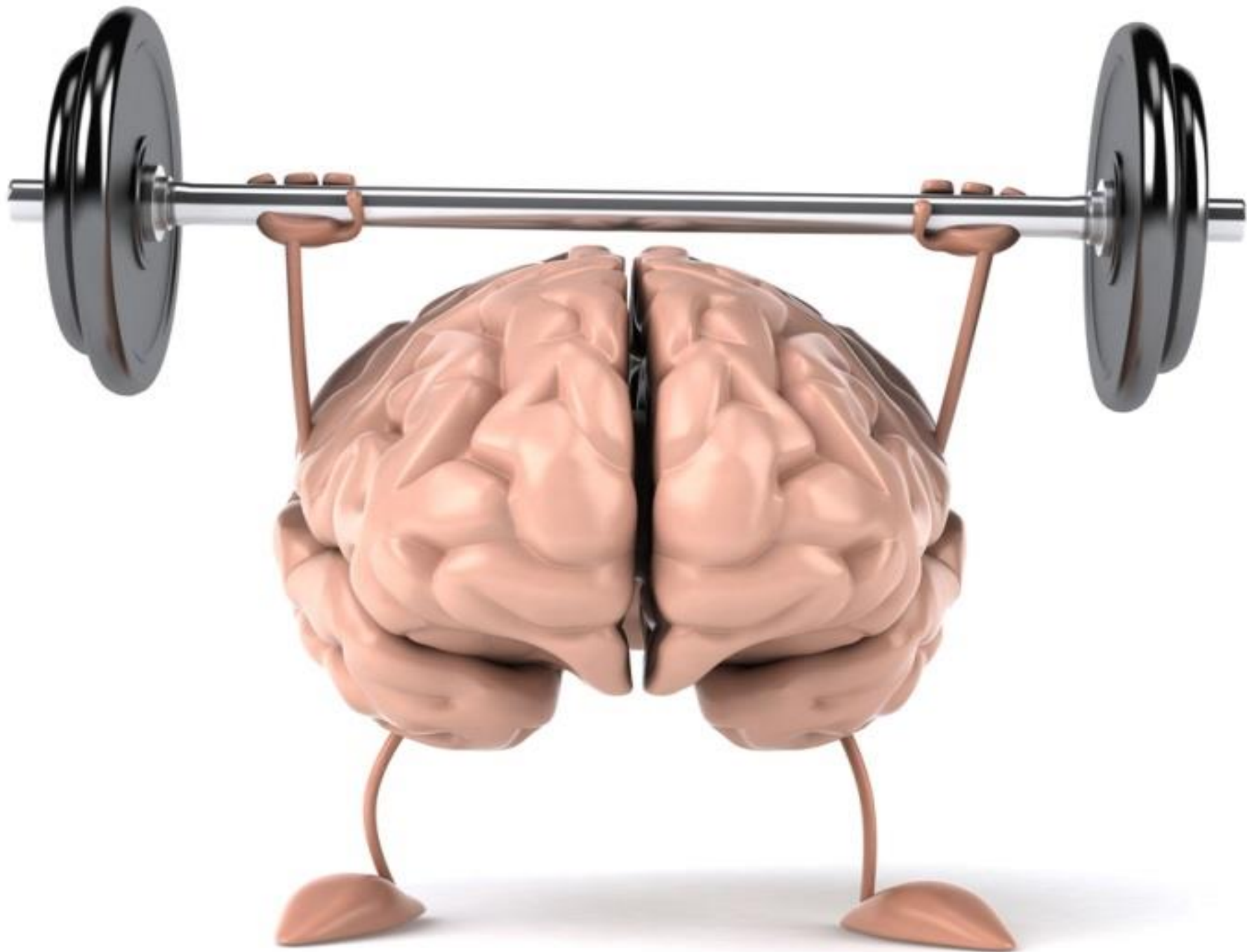


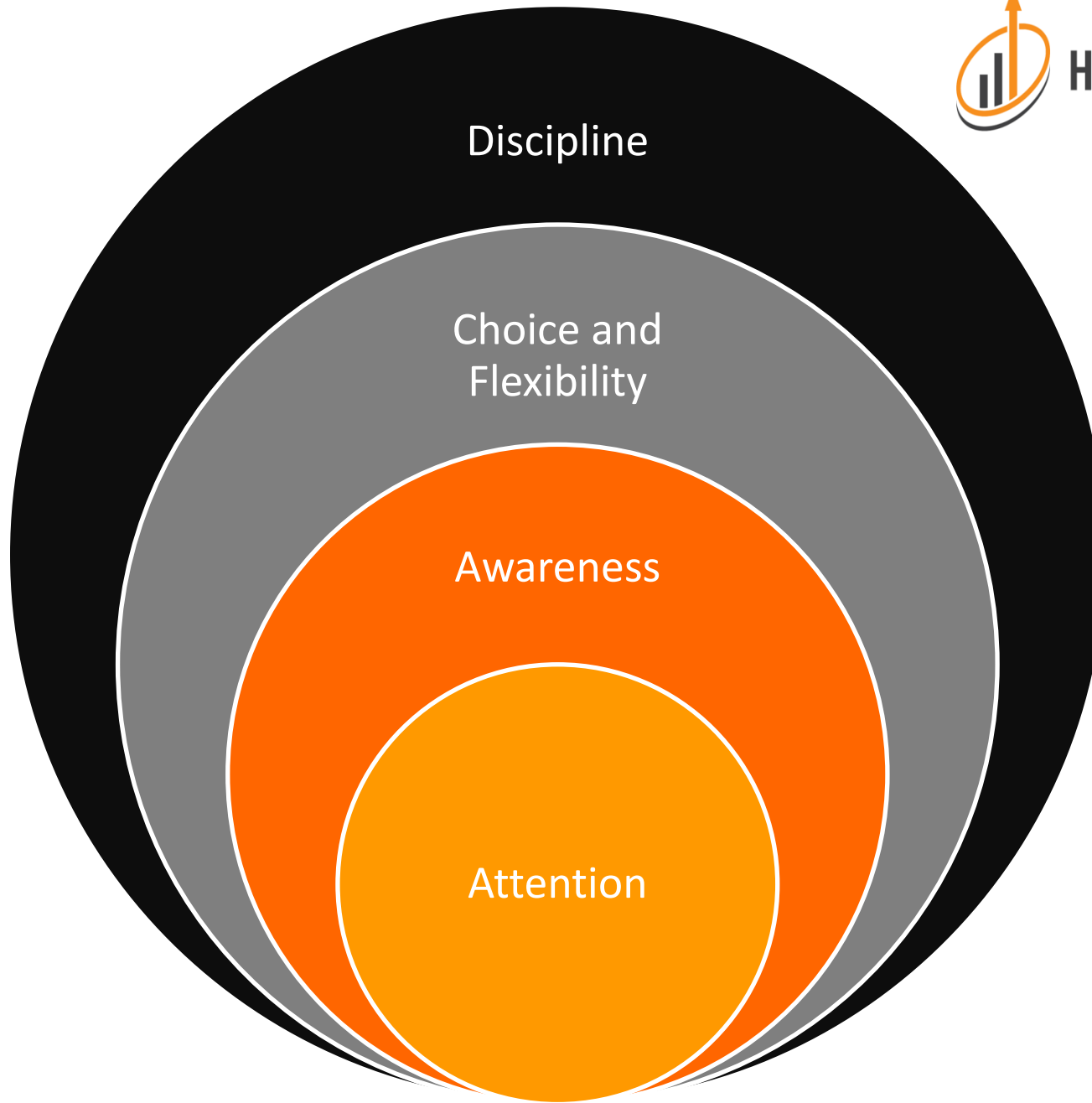
1. Body regulation
2. Attuned communication
3. Emotional balance
4. Fear modulation
5. Response flexibility
6. Insight
7. Empathy
8. Morality
9. Intuition

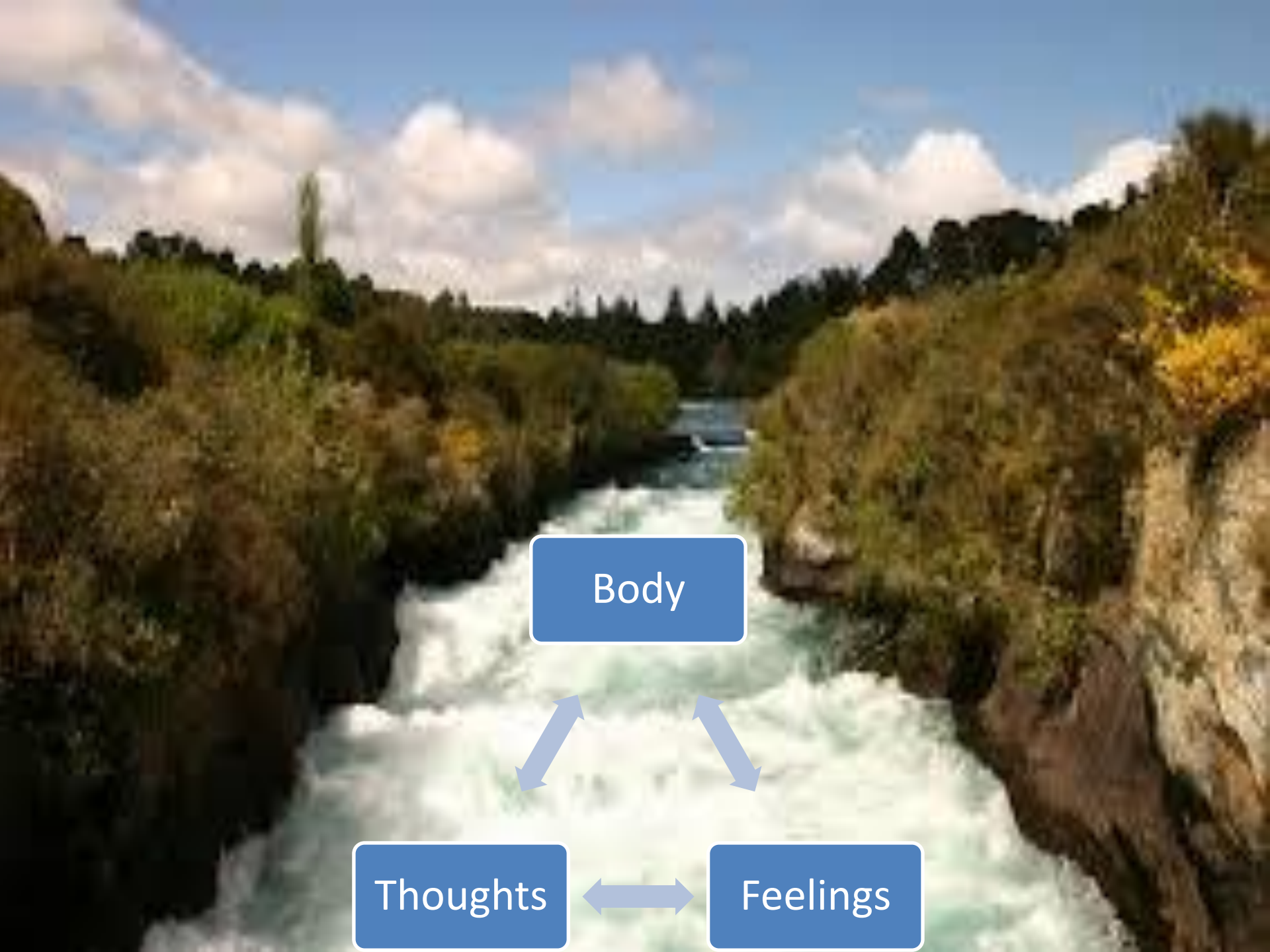








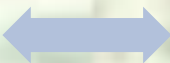




Body



Thoughts



Feelings



Where?

Keep it  
there

Is it  
there?

Re-focus



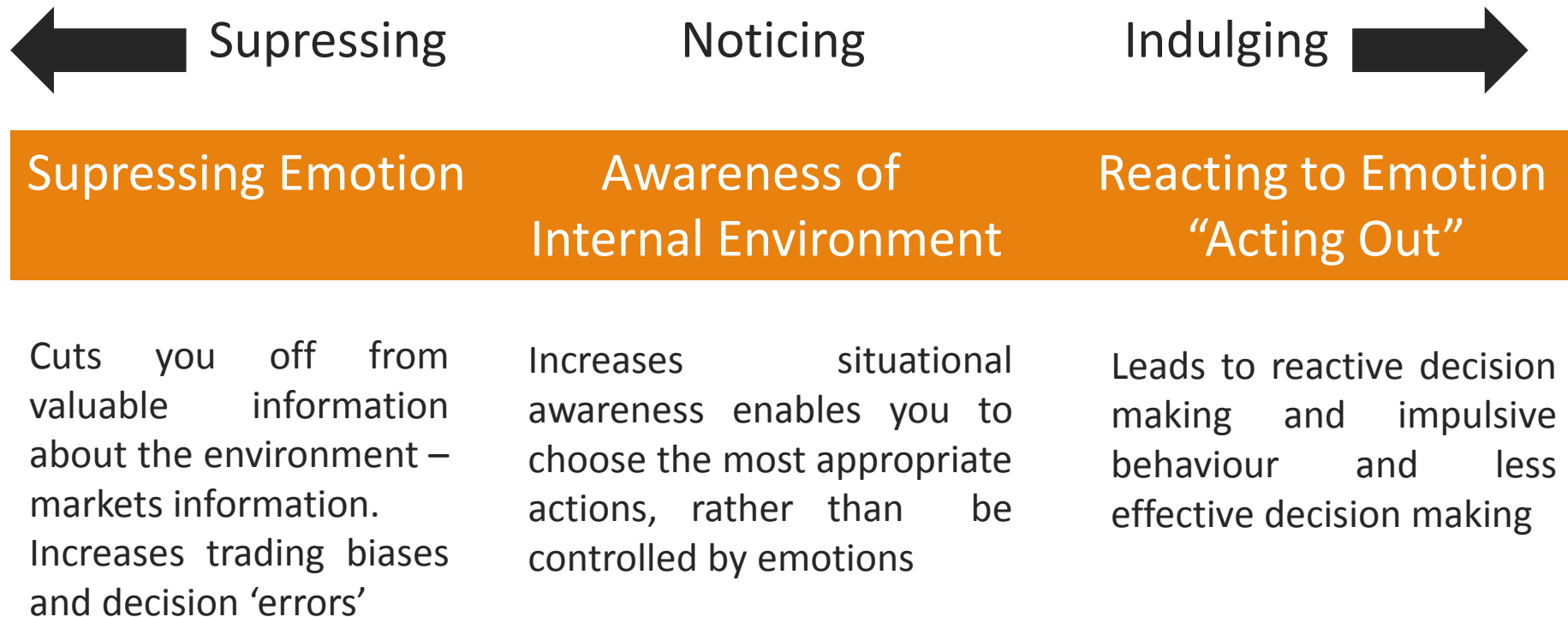
Awareness  
Attention



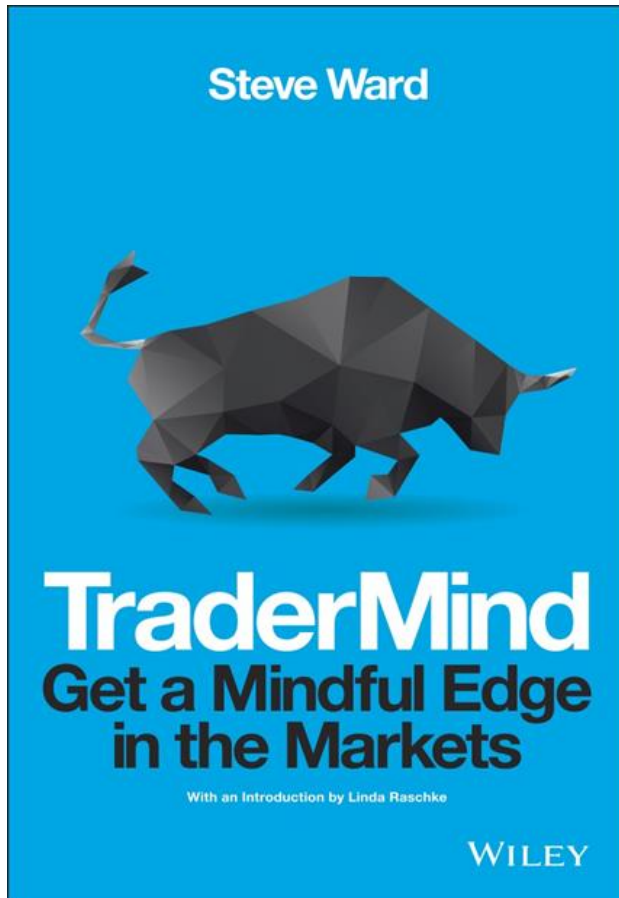
Acceptance  
Approach

Action

Emotions play a key part in *situational awareness* – give information about the environment and support ‘rational’ decision making



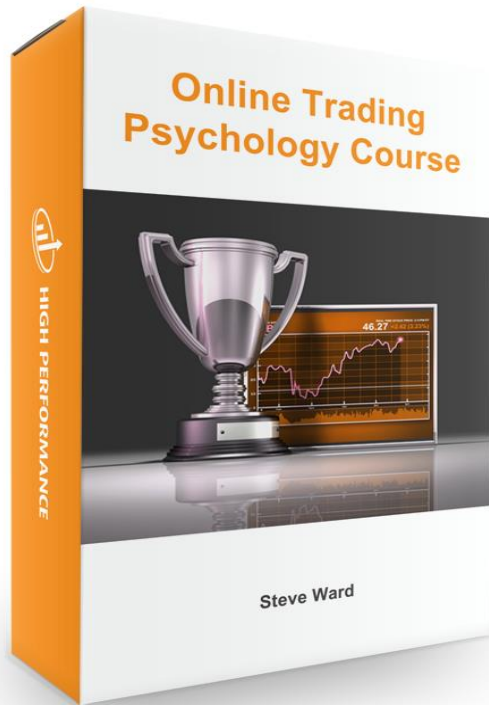




*“Steve once again has delivered a compelling book that combines a thoughtful read with “bang-for-the buck” practical strategies for time pressed traders.”*

Linda Raschke, Market Wizard





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*“This is in my opinion the best spent money I have ever done in terms of trading courses.”*

*“This course has turned my trading around (and yes in P&L terms as well as performance)”*

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