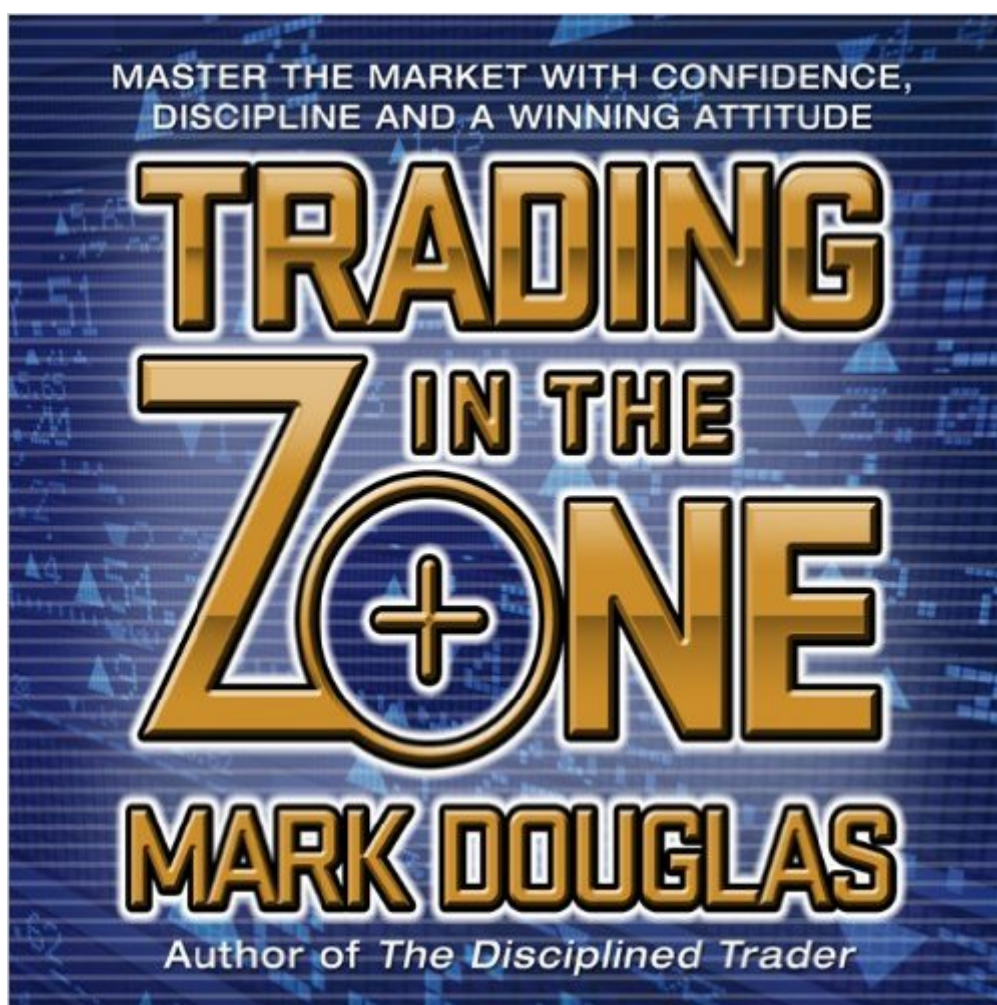


The book was found

# Trading In The Zone: Master The Market With Confidence, Discipline And A Winning Attitude (Your Coach In A Box)



## Synopsis

Maximizing the trader's 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, an industry consultant since 1982, sends the message that a "thinking strategy" will profoundly influence a trader's 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 winner's mindset. Along the way, they'll 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 Street's realities, traders will come to leverage the power of their psyche for unprecedented profitability.

## Book Information

Series: Your Coach in a Box

Audio CD

Publisher: Your Coach In A Box; Unabridged edition (August 21, 2012)

Language: English

ISBN-10: 1596598670

ISBN-13: 978-1596598676

Product Dimensions: 5.2 x 0.8 x 5.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (480 customer reviews)

Best Sellers Rank: #379,423 in Books (See Top 100 in Books) #32 in [Books > Books on CD >](#)

[Business > Personal Finance](#) #37 in [Books > Books on CD > Business > Investing](#) #262

in [Books > Books on CD > Business > General](#)

## Customer Reviews

The zone is a fearless, flexible and probabilistic state of mind that is consistently focused in what Douglas calls the "now moment opportunity flow" of the market based on objectively-identified edges. According to Douglas, the "now moment" means that "there is no potential to associate an

opportunity to get into, get out of, add too, or detract from a trade with a past experience that already exists in your mental environment" (pg. 130). Consistently successful trading requires a high degree of mental flexibility, based on certain fearless attitudes and a probabilistic mind-set, to flow in and out of trades based on what the market is saying about the possibilities from its perspective. One must have a trading system that eliminates one's susceptibility to typical trading errors (as listed on page 186) and duplicates how a casino operates. Like the casinos, the consistently successful traders know that over a series of events (or trades), the odds are in their favor, but in order to realize the benefits of the favorable odds, they have to participate in every event (or trade). In other words, they know they won't be successful on every single trade at the micro level, but on the macro level the outcomes over a series of trades will produce consistently successful results provided that the following is true: 1) one has an edge that genuinely puts the odds of success in your favor; 2) you can think about trading in the appropriate manner, and 3) you can do everything you need to do over a series of trades. Regarding the first, you must know what defines an edge which requires you to be well educated in market/technical analysis. Douglas assumes that most of the people reading his book have this education.

[Download to continue reading...](#)

Trading in the Zone: Master the Market with Confidence, Discipline and a Winning Attitude (Your Coach in a Box) Trading in the Zone: Master the Market with Confidence, Discipline and a Winning Attitude Options Trading: A CherryTree Style Trading Book(OPTIONS TRADING,OPTIONS TRADING FOR BEGINNERS,options trading guide,options trading tips,binary options trading,trading options,option strategies) Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading Strategies,Day Trading Books,Day Trading For Beginners,Day Trading Stocks,Options Book 1) Day Trading: Day Trading for Beginners - Options Trading and Stock Trading Explained: Day Trading Basics and Day Trading Strategies (Do's and Don'ts and the Small Letters) - 3rd Edition Day Trading: Day Trading for Beginners - Options Trading and Stock Trading Explained: Day Trading Basics and Day Trading Strategies (Do's and Don'ts and the Small Letters) TRADING: Intermediate, Advanced, Tips & Tricks and Strategy Guide to Crash It with Day Trading - Day Trading Bible (Day Trading, Trading Strategies, Option Trading, Forex, Binary Option, Penny Stock) DAY TRADING for EXPERT: Intermediate and Advanced Guide to Crash It with Day Trading - Day Trading Bible (Day Trading, Stock Exchange, Trading Strategies, Option Trading, Forex, Binary Option) Day Trading: A Beginner's Guide To Day Trading - Learn The Day Trading Basics To Building Riches (Day Trading, Day Trading For Beginner's, Day Trading Strategies Book 1) Stock Trading: The Definitive Beginner's Guide - Make Money Trading The Stock Market Like A Pro

(Stock Trading, Stock Trading For Beginners, Stock Trading Strategies, Investing Basics) Stock Market: Beginner's Guide to Stock Trading: Everything a Beginner Should Know About the Stock Market and Stock Trading (Stock Market, Stock Trading, Stocks) Forex: A Powerful MT4 Trading Robot to Maximize Profits and Minimize Losses (Expert Advisor EA, algorithmic trading, black-box trading, trading system, automated trading) Forex: Using Fundamental Analysis & Fundamental Trading Techniques to maximize your Gains. (Forex, Forex Trading, Forex Strategy, Forex Trading Strategies, ... Forex Trading Books, Trading Strategies) Forex: Do's And Don'ts To Make Money Online Trading (Foreign Exchange, Currency Trading, Forex Trading, Investing, Trading Strategies, Options Trading, Make Money Online) Trading: 6 Manuscripts + 8 Bonus Books - Forex Guide, Day Trading Guide, Options Trading Guide, Forex Strategies, Day Trading Strategies, Options Trading Strategies Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies Book 2) Day Trading: 3 Manuscripts Penny Stocks Beginners, Options Trading Beginners, Forex Beginners (Trading, Stocks, Day Trading, Options Trading) Options Trading: QuickStart Guide - The Simplified Beginner's Guide to Options Trading (Options Trading, Trading Options, Options Trading for Beginners) Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies) (Volume 2) Forex Trading: A CT Style Guide (Forex, Currency Trading, Forex for beginners, forex trading strategies, forex scalping, forex day trading, forex algorithmic trading, forex guide, forex investing)

[Dmca](#)