



# The Disciplined Trader: Developing Winning Attitudes

By Mark Douglas

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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 ground-breaking 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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## **The Disciplined Trader: Developing Winning Attitudes By Mark Douglas Bibliography**

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### Editorial Review

#### Review

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

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#### 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 kills successful 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 first-hand commodity trading experience, the author demonstrates why the beliefs learned to function effectively in society are often formidable psychological barriers in trading. After examining the causes for the development of losing attitudes, this book prepares the reader for a thorough "mental house-cleaning" 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.

*The Disciplined Trader*™ is divided into four parts:

- An overview of the psychological requirements of the trading environment
- A definition of the problems and challenges of becoming a successful trader
- Basic insights into what behavior may need to be changed, and how to build a framework for accomplishing this goal
- How to develop specific trading skills based on a clear, objective perspective on market action

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 several other award-winning books such as "*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 Complete Trader*" 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 - [paulatwebb.com](http://paulatwebb.com).

## Users Review

### From reader reviews:

#### Ruth Cook:

This The Disciplined Trader: Developing Winning Attitudes book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is usually information inside this publication incredible fresh, you will get details which is getting deeper anyone read a lot of information you will get. That The Disciplined Trader: Developing Winning Attitudes without we comprehend teach the one who reading through it become critical in pondering and analyzing. Don't possibly be worry The Disciplined Trader: Developing Winning Attitudes can bring if you are and not make your carrier space or bookshelves' grow to be full because you can have it in the lovely laptop even telephone. This The Disciplined Trader: Developing Winning Attitudes having good arrangement in word in addition to layout, so you will not feel uninterested in reading.

#### Phyllis Callahan:

Reading a publication can be one of a lot of exercise that everyone in the world adores. Do you like reading book consequently. There are a lot of reasons why people fantastic. First reading a reserve will give you a lot of new details. When you read a reserve you will get new information because book is one of various ways to share the information or their idea. Second, reading through a book will make a person more imaginative. When you studying a book especially fictional book the author will bring you to imagine the story how the personas do it anything. Third, you could share your knowledge to other individuals. When you read this The Disciplined Trader: Developing Winning Attitudes, you can tells your family, friends along with soon about yours publication. Your knowledge can inspire average, make them reading a guide.

#### Edward Shaw:

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**Sandra Easley:**

On this era which is the greater man or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple method to have that. What you are related is just spending your time almost no but quite enough to enjoy a look at some books. On the list of books in the top record in your reading list is definitely The Disciplined Trader: Developing Winning Attitudes. This book which is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking way up and review this guide you can get many advantages.

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