



## Mental Training For Trading Success

### **Practical techniques to enhance your trading performance in less than 10 minutes a day**

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'*Mental Training For Trading Success*' is a unique series of 10 professionally produced audio recordings created to help you to develop the mental and emotional skills required to maximise your trading performance and profitability.

Grounded in concrete performance psychology principles combined with extensive personal experience of working with traders across the globe, '*Mental Training for Trading Success*' provides the solution for frustrated traders who have been looking for ways to turn trading psychology theory into practical and useful applications that make a positive impact on trading performance.

Easy to access, and simple to use the practical and proven mental imagery, emotional state control and thought management techniques you will learn and practice will help you to develop the thoughts, feelings and behaviours required to maximise your trading profits.

- Overcome your bad trading habits and behaviours
- Learn to deal with losses and setbacks more effectively
- Develop powerful emotional management techniques to overcome fear, anxiety and stress
- Build and sustain the confidence required to trade your strategy consistently
- Strengthen your trading discipline
- Create unshakeable concentration and focus for getting into the trading zone
- Utilise the five step mental preparation technique for enhancing trading performance

## Using 'Mental Training For Trading Success'

Each recording will lead you through a structured mental training exercise that will help you to improve a specific part of your trading performance.

Firstly identify the area of your trading you would like to develop and then choose the appropriate recording.

The recordings are MP3 files that can be used on your computer, laptop, MP3 player or mobile phone. This means that you can access them wherever you are.

We recommend that you listen to the exercises sitting in a comfortable chair with your back in a well supported position.

To get the most from each recording it is advised that you listen to them on a regular and consistent basis. Repetition is a key part of the conditioning and change process.

**CAUTION** : Please do not listen to the recordings when you are driving, or operating heavy or dangerous machinery.

## Terms and Conditions

High Performance Global Ltd make no claim or representation as to any medical or psychological benefit from using these recordings. If you suffer, or have suffered from any medical or psychological illness or condition we recommend that you seek professional medical advice before using any of the recordings. The '*Mental Training For Trading Success*' series has been designed to train traders on the mental and emotional aspects of their trading performance only.

## **Mental Training For Trading Success Contents**

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### **Mental Training For Trading Success**

What is mental training and how can it help you to improve your trading performance and maximise your profitability? Find out how you can program your mind, emotions and behaviours to create greater confidence, focus and discipline, and overcome your biggest trading challenges. (Running time 9.03)

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### **Trade With Discipline**

Everyone knows that discipline, following through with your trading plan is critical to trading success. If you have ever run losses, cut profits, overtraded or failed to pull the trigger, or you want to create greater consistency in your trading then this is the session for you. (Running time 8.06)

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### **Trade With Confidence**

In any performance activity the emotional state that really matters is confidence. In this mental training session you will learn how to develop and build feelings of confidence and create a 'trigger' for accessing those feelings on demand. (Running time 9.19)

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### **Achieve Your Trading Goals**

What do you want from your trading? What are your goals? This powerful mental training exercise will help you to set compelling trading goals and install them onto your mental timeline, helping you to take focused conscious action whilst also engaging the support of your powerful subconscious mind. (Running time 9.36)

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### **Trader Toughness Training**

Ups and downs in trading are the norm not the exception. Having the psychological ability to deal with losses, setbacks and errors is critical to trading success. This mental training exercise will help you to create and condition optimum responses to help you to overcome your trading challenges. (Running time 7.43)

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## **Get Into The Trading Zone**

Trading in the zone means being in the now. Being focused on your trading plan not your P&L. Acting without hesitation in the absence of fear. In this mental training exercise you will learn how to 'be present' to be in the now and train yourself to enter the zone the more easily. (Running time 9.42)

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## **Stress, Fear and Anxiety Buster**

Trading is state dependent. How you feel affects how you trade. Emotions such as fear, anxiety and stress are particularly destructive to your trading performance, compromising your ability to make good disciplined trading decisions. In this mental training exercise you will learn how to regulate your emotional state to overcome feelings such as fear, anxiety and stress. (Running time 9.51)

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## **Trading Habit Buster**

What bad habits are holding you back in your trading? Is it overtrading? Is it continually running losses or cutting your profits? This exercise will teach you a powerful way to overcome your unwanted trading habits and replace them with the positive trading behaviours that will make a significant impact on your bottom line. (Running time 9.59)

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## **Mental Preparation**

Elite athletes know the importance of being mentally ready to perform, and so do the best traders. This mental training exercise will take you through a series of steps that will enable you to enter the market feeling ready, prepared and in the right state to trade successfully. (Running time 6.14)

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## **Relax, Recover and Recharge**

Trading is a challenging and demanding activity. Long periods of highly intense focus and dealing with the ups and downs, sometimes for days on end, place huge demands on your physiology and energy systems, and impact on your concentration, decision making, speed and accuracy. This download provides a deeply relaxing and rejuvenating experience to help you to recover and recharge so that you can re-enter the markets in top form. (Running time 9.28)

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