

Mastering the Mental Game of Trading

author: Steven Goldstein

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Synopsis

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In *Mastering the Mental Game of Trading*, Steven Goldstein shares his insights and experience as a renowned trading performance coach to help traders achieve success in the markets.

Through personal anecdotes and relatable stories of real traders, Goldstein explores the inner world of trading and reveals how our attitudes and misconceptions can prevent us from achieving our full potential.

Goldstein introduces his powerful model, the Performance Process Cycle, which teaches traders how to overcome their emotions and biases, improve self-awareness, and make sense of how they are impacted by their interactions with markets and uncertainty. By applying this model, traders can develop an unparalleled level of calm and objectivity, enabling them to navigate the treacherous terrain of financial markets with ease.

With Goldstein's guidance, traders will be inspired to reflect on their own behaviours, beliefs, and actions as they work towards mastering the mental game of trading.

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Reader's comments

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