



# The Trading Athlete: Winning the Mental Game of Online Trading

*By Shane Murphy, Doug Hirschhorn*

Download now

Read Online ➔

**The Trading Athlete: Winning the Mental Game of Online Trading** By  
Shane Murphy, Doug Hirschhorn

"The best traders in the world know that being mentally prepared is absolutely essential to compete in today's markets. Without a firm understanding of the psychology of trading, even the best stock picker will fail. The Trading Athlete gives specific instruction on how new and seasoned traders can keep themselves at the top of their mental game."-Tim Bourquin, Cofounder, TraderInterivews.com and The Online Trading Expo

"This book is a great training camp for online traders. Doug and Shane will provide the knowledge and motivation to help you become a successful trader."-Jonathan Markowitz, Partner, SMW Trading Co., Inc.

Traders, just like athletes, face tremendous pressure, stress, and expectations that would crush the ordinary, unprepared individual. The Trading Athlete utilizes sport psychology strategies to provide you with the knowledge, confidence, and discipline needed to succeed and profit in the sink-or-swim world of online trading.

Using real-world examples of athletes and online traders, this book will help you reach the peak of your online trading performance with in-depth analysis of:

- \* Building confidence in good times and bad
- \* Handling losses by examining your methods
- \* Focusing and maintaining concentration
- \* Playing the game one trade at a time

Through sport psychology strategies exemplified by John Elway, Arthur Ashe, and other athletes, you will finally begin to trade and survive in the big leagues.

 [Download The Trading Athlete: Winning the Mental Game of On ...pdf](#)

 [Read Online The Trading Athlete: Winning the Mental Game of ...pdf](#)



# The Trading Athlete: Winning the Mental Game of Online Trading

*By Shane Murphy, Doug Hirschhorn*

**The Trading Athlete: Winning the Mental Game of Online Trading** By Shane Murphy, Doug Hirschhorn

"The best traders in the world know that being mentally prepared is absolutely essential to compete in today's markets. Without a firm understanding of the psychology of trading, even the best stock picker will fail. The Trading Athlete gives specific instruction on how new and seasoned traders can keep themselves at the top of their mental game."-Tim Bourquin, Cofounder, TraderInterivews.com and The Online Trading Expo

"This book is a great training camp for online traders. Doug and Shane will provide the knowledge and motivation to help you become a successful trader."-Jonathan Markowitz, Partner, SMW Trading Co., Inc.

Traders, just like athletes, face tremendous pressure, stress, and expectations that would crush the ordinary, unprepared individual. The Trading Athlete utilizes sport psychology strategies to provide you with the knowledge, confidence, and discipline needed to succeed and profit in the sink-or-swim world of online trading.

Using real-world examples of athletes and online traders, this book will help you reach the peak of your online trading performance with in-depth analysis of:

- \* Building confidence in good times and bad
- \* Handling losses by examining your methods
- \* Focusing and maintaining concentration
- \* Playing the game one trade at a time

Through sport psychology strategies exemplified by John Elway, Arthur Ashe, and other athletes, you will finally begin to trade and survive in the big leagues.

## **The Trading Athlete: Winning the Mental Game of Online Trading** By Shane Murphy, Doug Hirschhorn Bibliography

- Sales Rank: #1077287 in Books
- Published on: 2001-08-17
- Original language: English
- Number of items: 1
- Dimensions: 9.33" h x 1.06" w x 6.44" l, 1.40 pounds
- Binding: Hardcover
- 288 pages



[Download The Trading Athlete: Winning the Mental Game of On ...pdf](#)

 [Read Online The Trading Athlete: Winning the Mental Game of ...pdf](#)

## **Download and Read Free Online The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn**

---

### **Editorial Review**

#### **From the Inside Flap**

Traders, just like athletes, constantly deal with unrelenting pressure, performance slumps, confidence issues, and changing motivational factors. This is why the psychology of elite athletes has translated so effectively to that of the online trader.

In *The Trading Athlete*, sport psychologist Shane Murphy and trading coach/former Division I athlete Doug Hirschhorn take the strategies of sport psychology and apply them to the arena of online trading. This one-of-a-kind play book will give you the confidence and discipline needed to build a profitable, long-term career as a "Trading Athlete."

Apply the mental strategies of elite athletes to your online trading game plan by writing a mission statement, setting effective goals, and maintaining confidence through body language. As you continue to trade and obstacles arise, this book provides the tools necessary to overcome the bad days, weeks, and even months that come with the territory. "Trading Athlete" strategies for difficult times include:

- Maintain a Positive Trading Attitude (PTA)
- Use "self-talk" to get back on track
- Avoid a "trade for revenge" strategy

Peppered with consulting stories of online traders and sport psychology strategies that work, this book will teach you how to deal with pressure, reduce stress, and stay focused as you engage in the "game" of online trading. Bounce back mentally from losses as John McEnroe did after Bjorn Bjorg defeated him in the 1980 finals of Wimbledon. McEnroe faced his failures, overcame them, and beat Bjorg in the finals of Wimbledon the very next year. Carry the expectations of a nation (or a company/family in a trader's case) as Olympic sprinter Cathy Freeman did in 2000 by "tuning in" and staying focused on the task at hand. You don't have to play sports to understand the principles behind this unique trading guide. All you need is the desire to put yourself in the best possible position to win.

#### **From the Back Cover**

"The best traders in the world know that being mentally prepared is absolutely essential to compete in today's markets. Without a firm understanding of the psychology of trading, even the best stock picker will fail. *The Trading Athlete* gives specific instruction on how new and seasoned traders can keep themselves at the top of their mental game."—Tim Bourquin, Cofounder, [TraderInterviews.com](http://TraderInterviews.com) and *The Online Trading Expo*

"This book is a great training camp for online traders. Doug and Shane will provide the knowledge and motivation to help you become a successful trader."—Jonathan Markowitz, Partner, SMW Trading Co., Inc.

Traders, just like athletes, face tremendous pressure, stress, and expectations that would crush the ordinary, unprepared individual. *The Trading Athlete* utilizes sport psychology strategies to provide you with the knowledge, confidence, and discipline needed to succeed and profit in the sink-or-swim world of online trading.

Using real-world examples of athletes and online traders, this book will help you reach the peak of your

online trading performance with in-depth analysis of:

- Building confidence in good times and bad
- Handling losses by examining your methods
- Focusing and maintaining concentration
- Playing the game one trade at a time

Through sport psychology strategies exemplified by John Elway, Arthur Ashe, and other athletes, you will finally begin to trade and survive in the big leagues.

#### About the Author

SHANE MURPHY, PhD, is one of the most prominent sport psychologists in the country today. As sport psychologist for the U.S. Olympic Committee, he personally guided the mental preparation of five Olympic teams and has worked with thousands of athletes training for the Olympic Games. Currently a high-performance consultant, he works regularly with brokers and traders at such prominent companies as PaineWebber, Dreyfus, and J. & W. Seligman & Co. Murphy is also an assistant professor in psychology at Western Connecticut University. He is the author of *The Achievement Zone* and *The Cheers and the Tears*. DOUG HIRSCHHORN, MS, worked at the Chicago Mercantile Exchange and the Chicago Board of Trade for several years and has been trading stocks online ever since. He has combined his knowledge of trading with his experience as a former Division I athlete and his expertise as a performance consultant to help traders prepare mentally for the trading game. Doug Hirschhorn became the Director of Trader Motivation & Performance at Schonfeld Securities, LLC in May 2001.

#### Users Review

##### From reader reviews:

##### Thomas Abrams:

Book is actually written, printed, or outlined for everything. You can understand everything you want by a e-book. Book has a different type. To be sure that book is important matter to bring us around the world. Beside that you can your reading talent was fluently. A reserve *The Trading Athlete: Winning the Mental Game of Online Trading* will make you to possibly be smarter. You can feel far more confidence if you can know about every little thing. But some of you think in which open or reading some sort of book make you bored. It is not make you fun. Why they can be thought like that? Have you seeking best book or appropriate book with you?

##### Elizabeth Edge:

Do you certainly one of people who can't read pleasant if the sentence chained inside the straightway, hold on guys this particular aren't like that. This *The Trading Athlete: Winning the Mental Game of Online Trading* book is readable simply by you who hate those perfect word style. You will find the information here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to provide to you. The writer involving *The Trading Athlete: Winning the Mental Game of Online Trading* content conveys prospect easily to understand by many people. The printed and e-book are not different in the content but it just different available as it. So , do you nevertheless thinking *The Trading Athlete: Winning the Mental Game of Online Trading* is not loveable to be your top record reading book?

**Concepcion Bass:**

The knowledge that you get from The Trading Athlete: Winning the Mental Game of Online Trading may be the more deep you looking the information that hide in the words the more you get interested in reading it. It doesn't mean that this book is hard to recognise but The Trading Athlete: Winning the Mental Game of Online Trading giving you enjoyment feeling of reading. The article writer conveys their point in specific way that can be understood by means of anyone who read the item because the author of this reserve is well-known enough. This particular book also makes your vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having that The Trading Athlete: Winning the Mental Game of Online Trading instantly.

**Grace Smith:**

Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The Trading Athlete: Winning the Mental Game of Online Trading, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its called reading friends.

**Download and Read Online The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn #37WZTG5SJEX**

## **Read The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn for online ebook**

The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn books to read online.

### **Online The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn ebook PDF download**

**The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn Doc**

**The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn Mobipocket**

**The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn EPub**

**37WZTG5SJEX: The Trading Athlete: Winning the Mental Game of Online Trading By Shane Murphy, Doug Hirschhorn**