



## Mastering Trading Stress: Strategies for Maximizing Performance

By Ari Kiev

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**Mastering Trading Stress: Strategies for Maximizing Performance** By Ari Kiev

In *Mastering Trading Stress*, author Ari Kiev—a psychiatrist who specializes in stress management and works extensively with traders—offers examples, transcripts of conversations, and personality profiles of real-life traders to illustrate how stress affects their ability to perform at their best. Drawing on his vast experience, Kiev describes a variety of practical techniques that can be used to handle destructive emotions and out-of-control feelings, including his “Most Basic” stress busters, and tells what to do if a breakdown should occur.

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## Mastering Trading Stress: Strategies for Maximizing Performance By Ari Kiev Bibliography

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### Editorial Review

#### Review

"...a welcome addition to Kiev's other ground breaking trading books...one that experienced and novice traders will greatly benefit from." (*Futures Magazine*, August 2008)

"One of the most fascinating aspects of most of Mr. Kiev's books is how attuned he is to the trading profession. His books -- and this one is no exception -- rely heavily on case studies and interviews with traders. One could guess that the author is a trader himself based on the technical trading advice he gives his patients. ... Mr. Kiev always returns to the same fundamental theme. A trader cannot eliminate stress, but he can learn to cope with it. In fact, mastering stress is a requirement for success because the biggest mistakes are caused by stress and mismanaged emotions." (*Accredited Investor* magazine)

#### From the Inside Flap

The daily grind of the trader is always full of excitement, energy, adventure—and stress. While many live for the thrill of the trade, most also feel the emotional, psychological, and physical impact of the constant changes; riding the roller coaster of the financial markets for eight hours a day, five days a week, forty-eight weeks out of the year.

But while some traders just seem naturally better equipped to deal with the emotional turmoil of trading, others seem to "fall apart" under much less dire circumstances. While eliminating stress is not realistic—or an entirely desired approach—reducing stress is. And traders can best cope with stress, says Ari Kiev, by being proactive and taking steps to reduce it. With this book, Kiev shows you how to do this—beginning with developing an appropriate understanding of stress and how it physically affects us, and leading all the way to specific exercises that can help traders manage their daily stress.

The author, a psychiatrist who specializes in stress management and performance enhancement, has worked extensively with traders over many years. In *Mastering Trading Stress*, he draws on his vast experience to offer examples, transcripts of conversations, and personality profiles of real-life traders that illustrate how stress robs them of their ability to perform at their best. He points out that the stressors for all of these traders were different and, accordingly, asserts that aspiring traders need to identify their own particular stress points and learn to deal with them in order to succeed. Kiev describes a variety of practical techniques that can be used to handle destructive emotions and out-of-control feelings, including his "Most Basic" stress busters, and tells what to do if a breakdown does occur.

There is no way to take the stress out of trading. But stress does not have to make you emotionally, mentally, or physically ill, and it does not have to hinder your trading game. With this book as your guide, you can learn to reduce stress, cope with the stresses that are inevitable, and even use stress to your own benefit.

#### From the Back Cover

#### **Praise for *Mastering Trading Stress***

"Ari Kiev helps traders master the internal pressures that skew perception and decision making. A concise and readable guide, this book effectively utilizes case studies to illustrate the varied manifestations of stress and what to do about them."

—**Brett N. Steenbarger, PhD**, author, *The Psychology of Trading and Enhancing Trader Performance*

"In this groundbreaking book, Kiev undertakes a unique exploration of the impact of emotion and psychology on the trader and his or her investment strategy. The lessons of this book—supported with hallmark Kiev case studies—will resonate with any market participant."

—**Matthew S. Grossman**, Chief Investment Officer, CR Intrinsic Investors LLC, a division of SAC Capital

"Ari Kiev has a tremendous ability to deliver solutions for managing trading stress. This book will benefit aspiring and established traders much as they have benefited me and others who have learned from him directly. I highly recommend this book."

—**Wayne Holman**, founder and CEO, Ridgeback Capital Management LLC

"Put me in, coach! Kiev tells real-life stories from the front line—peeling back the cover on the role of psychology and emotion in trading. His insights and paradigmatic narratives are practical and powerful—enough to get any trader off the sidelines and back in the game."

—**Ciaran O'Kelley**, Co-Head of Global Equities, Bank of America

"Ari Kiev has researched the biggest impediment to trading success: human psychology. His readers will learn to transcend their current boundaries and achieve greater success. Demanding and forthright, Ari's insights challenge us to raise our game in an original and compelling way."

—**Quintin Price**, CIO, EMEA Pacific Equities, BlackRock

## **Users Review**

### **From reader reviews:**

#### **Edna Kopec:**

Here thing why this kind of Mastering Trading Stress: Strategies for Maximizing Performance are different and reliable to be yours. First of all examining a book is good but it depends in the content of it which is the content is as delicious as food or not. Mastering Trading Stress: Strategies for Maximizing Performance giving you information deeper including different ways, you can find any e-book out there but there is no publication that similar with Mastering Trading Stress: Strategies for Maximizing Performance. It gives you thrill looking at journey, its open up your personal eyes about the thing this happened in the world which is might be can be happened around you. You can bring everywhere like in playground, café, or even in your method home by train. For anyone who is having difficulties in bringing the published book maybe the form of Mastering Trading Stress: Strategies for Maximizing Performance in e-book can be your choice.

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**Betty Johnston:**

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**Barbara Wheat:**

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