



# The Disciplined Trader™: Developing Winning Attitudes

*Mark Douglas*

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## **The Disciplined Trader™: Developing Winning Attitudes** Mark Douglas

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 groundbreaking 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 break through those queries ~ and begin to understand that their very thoughts may be limiting their ability to accumulate and succeed at trading.

The Disciplined Trader is critical for those new to the markets ~ to traders who are returning to the markets ~ and even veteran traders who cannot seem to break through to a higher threshold of accumulation and consistency. The reader will learn that the market is unstructured ~ unlike any other career field; will learn the Three Stages to Becoming a Successful Trader; learn how their very thoughts manage how they perceive the markets; and learn how to adapt to the ever-changing market environments.

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.

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