



# Trading Psychology 2.0: From Best Practices to Best Processes (Wiley Trading)

By Brett N. Steenbarger

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**Trading Psychology 2.0: From Best Practices to Best Processes (Wiley Trading)** By Brett N. Steenbarger

**Practical trading psychology insight that can be put to work today**

*Trading Psychology 2.0* is a comprehensive guide to applying the science of psychology to the art of trading. Veteran trading psychologist and bestselling author Brett Steenbarger offers critical advice and proven techniques to help interested traders better understand the markets, with practical takeaways that can be implemented immediately. Academic research is presented in an accessible, understandable, engaging way that makes it relevant for practical traders, and examples, illustrations, and case studies bring the ideas and techniques to life. Interactive features keep readers engaged and involved, including a blog offering ever-expanding content, and a Twitter feed for quick tips. Contributions from market bloggers, authors, and experts bring fresh perspectives to the topic, and Steenbarger draws upon his own experience in psychology and statistical modeling as an active trader to offer insight into the practical aspect of trading psychology.

Trading psychology is one of the few topics that are equally relevant to day traders and active investors, market makers and portfolio managers, and traders in different markets around the globe. Many firms hire trading coaches, but this book provides a coach in print, accessible 24/7 no matter what the market is doing.

- Understand the research at the core of trading psychology
- Examine the ways in which psychology is applied in real-world trading
- Implement practical tips immediately to see first-hand results
- Gain the perspective and insight of veteran traders who apply these techniques daily

While markets may differ in scale, scope, and activity, humans remain human, with all the inherent behavioral tendencies. Studying the market from the human perspective gives traders insight into how human behavior drives market behavior. *Trading Psychology 2.0* gives traders an edge, with expert guidance and practical advice.

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## **Editorial Review**

### From the Inside Flap

*Trading Psychology 2.0* is a comprehensive guide to applying the science of psychology to the art of trading in a dynamic and evolving marketplace. Filled with new, research-based insights and practical approaches, this hands-on resource is written by the acclaimed trading psychologist and bestselling author Brett Steenbarger. He offers a wealth of proven techniques and best practices that can help traders and investors take advantage of the emerging science of positive psychology.

Written in down-to-earth terms, *Trading Psychology 2.0* shows how traders can move beyond the usual focus on discipline and emotional control to the broader context of sustaining peak performance. The author shows how to achieve trading success with an ABCD focus: Adapting to market changes; Building social, emotional, cognitive, and personality strengths; Cultivating creativity; and Developing best practices across each facet of trading. Steenbarger also reveals how to ramp up your investing skills by developing best practices across seven essential activities—research, idea generation, trade structuring, position risk management, portfolio risk management, self management, and performance management. Success, he suggests, comes from turning those best practices into robust best processes.

*Trading Psychology 2.0* is filled with illustrative examples and case studies that bring the author's ideas and techniques to life. It is the first text to tap into the new field of positive psychology and help traders understand and build upon their strengths.

Many investment and trading firms hire coaches to maximize their edge in the marketplace. They realize the benefits in having an expert mentor. With *Trading Psychology 2.0*, traders can gain insights and skills that will help them creatively adapt to changing markets and leverage their distinctive strengths.

### From the Back Cover

#### **ACTIONABLE INSIGHT INTO HOW HUMAN BEHAVIOR DRIVES MARKET BEHAVIOR**

*"Successful efforts to master markets lead us down paths of self-mastery. This book is one guide to those paths."*

**—From the Preface**

Let noted trading psychologist and bestselling author Brett Steenbarger help you apply the lessons he has learned by working with highly successful traders and money managers. He has distilled these lessons into an ABCD framework: Adapting to changing markets; Building emotional, cognitive, social, and personality strengths; Cultivating creativity; and Developing best practices across each phase of the trading process.

Filled with expert guidance, relevant research, and practical strategies for success, *Trading Psychology 2.0* helps you leverage your current trading strengths and gives you the tools that can lead to trading and investing success in challenging and ever-changing market conditions.

### About the Author

**BRETT N. STEENBARGER, PhD**, is Clinical Associate Professor of Psychiatry and Behavioral Sciences

at SUNY Upstate Medical University in Syracuse, New York. He is the author of *The Daily Trading Coach*, *The Psychology of Trading*, and *Enhancing Trader Performance*, all from Wiley. He is the author of the popular TraderFeed blog and currently writes a peak performance blog for *Forbes*. Dr. Steenbarger currently consults with a number of hedge funds, where he helps traders and portfolio managers maximize their performance.

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