

# **Control Your Inner Trader**

L R Thomas

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Self control is probably the most important skill you need to acquire as a trader. Unfortunately most trading psychology books can be very vague and short on specific strategies to take control of your mental state while trading. Control your Inner trader draws on the experience of an eight year trading veteran who is also a qualified therapist. Behavioural and therapeutic techniques are included in the book that are easy for any one to follow.



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