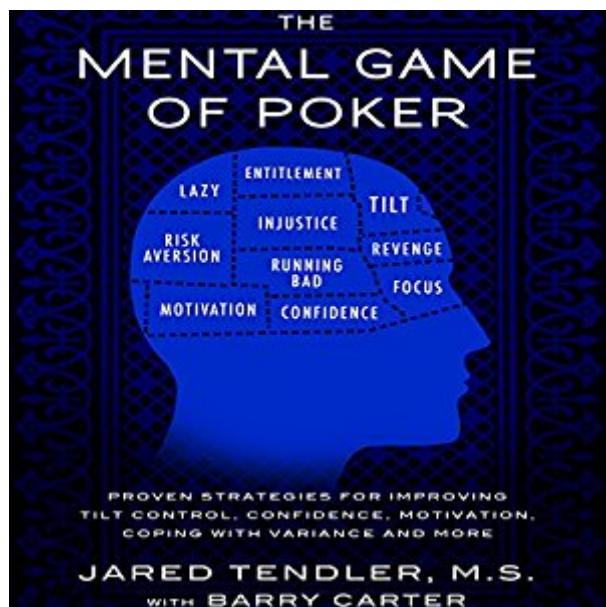


The book was found

The Mental Game Of Poker: Proven Strategies For Improving Tilt Control, Confidence, Motivation, Coping With Variance, And More



Synopsis

The mental game may be more important in poker than in any other form of competition. It's one of the only games in the world where you can play perfectly and lose - again and again. Hundreds of poker players have turned to mental game coach Jared Tendler's revolutionary approach to help them play their best, no matter how badly they're running. In this audiobook you'll find simple, step-by-step instructions and proven techniques to permanently fix problems such as tilt, handling variance, emotional control, confidence, fear, and motivation. With the games getting tougher, now is the time to take these problems head on. Discover the most definitive work on tilt ever released. Read stories from eight players who made major improvements using Jared's techniques. Get motivated with methods used by SuperNova Elites.

Book Information

Audible Audio Edition

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Customer Reviews

While the focus is on mistakes made in the mental game while playing poker, this book could be helpful to anyone looking to improve their mental approach to nearly any field. I've stopped playing poker, but still try to apply concepts from this book to other parts of my life.

this book covers so many positive aspects of the game that do not have to do with the actual playing of poker...these mental aspects I feel[after having played poker at high levels and many major tournaments for over 20 yrs] are much more important or at least as important then the playing of the game..if you cant master these mental aspects you will not sustain winning.....one of the best poker books ever written[and I have read them all....great read and the author has done a

fantastic job....

I am day trading for about a year now. I realized that my system was good but my behaviors blocked me from succeeding. This book has them all in it: Tilts, fears and confidence issues. Nicely explained to help you relate to the situation. This is a highly underrated part of trading and I guess of Poker. A must read!

Great book, it gives you the tools, but you have to apply it to change. This applies not just to poker but broadly to life as well.

It gives invaluable resources and insights into what's going on mentally in the head. I've discovered things I've never suspected influenced my game. Also the general patterns of anger, fear and so on that are talked about in the book are very usable in all areas of life and help to understand and start dealing with accumulated emotions from the past.

My husband loves this book and can't put it down. It arrived on time and was a Christmas gift. He has learned so much about the art of poker and even won some money (so this book was essentially free haha).

Great book. I bought this book during a positive variance run. In the past I have had dramatic losses after very good runs so my goal was to avoid that. I was onto the overconfidence aspect but couldn't figure out how to avoid it. I'm happy to report I'm still on a very good run but I certainly realize it's positive variance. I believe this book will help me limit the losses when they inevitably come.

Replace the word "poker" with "life" and this is a marvellous read for anyone! I've had read many, for want of a better word, self improvement books over the past few decades but I still had plenty of Ah-Ha moments. This book is not just for poker players. I loved reading it and was sad it had to end... but I am going for a re-read soon :-)

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