

<<缓解压力指导Mastering Trading Stress>>

图书基本信息

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### 内容概要

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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作者简介

Ari Kiev is a psychiatrist who specializes in organizational psychology, stress management, and performance enhancement. He is President of the Social Psychiatry Research Institute and is recognized worldwide for his pioneering work in transcultural psychiatry, suicidology, and psychopharmacology. Kiev is the author of four trading books: *Trading to Win*, *Trading in the Zone*, *The Psychology of Risk*, and *Hedge Fund Masters*. In recent years, he has developed The Trading To Win training programs for dealing with trading stress, portfolio management, risk control, and leadership as they relate to peak performance in the trading arena. For more information, visit [www.arikiev.com](http://www.arikiev.com)

书籍目录

Preface Acknowledgments Introduction Chapter 1: The Nature of Stress: What Is Stress and Why Is It a Problem?  
The Fight-or-Flight Alarm Differences in Stress Responses Personality Factors The Stages of Stress  
Taking It Step-by-Step Chapter 2: The Emotions of Stress: What Negative Emotions Are Experienced as a Result  
of Stress? Fear and Greed Guilt Worry Anger Euphoria Chapter 3: The Dangers of Trading under  
Stress: How Do Attempts to Handle Stress Create Problems for the Trader? Trading Despite Stress  
Avoiding the Stress Creating a Social Persona Competing to Win Being Indecisive Chapter 4: How Fear  
Inhibits Mastery: Can You Learn to Lessen the Central Emotion of Fear? Responding to Fear Disciplining for  
Success Relinquishing the Need to Be Perfect Maintaining Psychological Energy Starting with a Clean Slate  
Chapter 5: The Consequences of Negative Emotions Greed and Risk Management Errors The Difference  
between Confidence and Arrogance Mistakes of Insecurity Why Not to Avoid Negative Feelings How  
Negative Emotions Lead to Impulsive Behavior Chapter 6: Personalities and Stress List Makers (Analytical  
Thinkers) Intuitive Thinkers Optimist/Pessimist/Realist Are You Confident or Insecure? Make the Most  
of Your Personality A Winning Personality Chapter 7: Ego and Obstinacy A Stubborn Nature Refusal to  
Accept Commands Difficulty with Management Chapter 8: Fear and Failure Afraid to Win Failing to  
Commit Moving Forward Chapter 9: Perfectionism and Paralysis The Problem 124 Finding a Solution 124  
What about You? 128 Chapter 10: Failing to Manage Risk Risk Management for a Vision The Psychology  
of Risk The Importance of Self-Analysis Asking the Right Questions Assessing Your Attitude toward Risk  
Looking for the Positive Relaxation and Risk Taking Responsibility Chapter 11: Failure to Dig Deeper  
Discerning the Importance of Data Analysis Too Much or Not Enough? Gathering the Information  
Reducing Stress Chapter 12: Failures in Shorting Reluctance to Short Stocks Stress and the Short Squeeze  
Steps of a Good Short Seller Chapter 13: Learning to Live with Stress Learning to Observe Creating New  
Life Principles Reframing Negative Thoughts Choosing an Objective Defining New Priorities Chapter 14:  
Exercises and Practical Applications The Most Basic Stress Busters What to Do When You Have a Breakdown  
Importance of Commitment Index

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