



Trading on Target: How To Cultivate a Winner's State of Mind (Wiley Trading)

Adrienne Toghraie

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A leading trainer of traders explains the process and pitfalls to trading success

While advances in trading tools and technology have increased the potential for capturing profits, the fact is that if you're mentally unprepared to enter today's markets, you'll probably end up making many costly mistakes. Nobody understands this better than Adrienne Toghraie, an expert Trader's Success Coach and master practitioner of Neuro-Linguistic Programming (NLP) for the financial and business communities. Now, with *Trading on Target*, she shares her extensive experiences—as well as the stories of real-world traders—to help you overcome the self-imposed limitations keeping you from reaching trading success.

Engaging and informative, this accessible guide takes a detailed look at what you need to become a psychologically, and emotionally, mature trader. Page by page, Toghraie pulls it all together and reveals the attitudes, perceptions, and insights that will allow you to excel at this difficult endeavor. Along the way, she also provides practical solutions to dealing with the oldest hang-ups commonly found among those who aspire to succeed in trading, and offers advice on how to gain and maintain self-discipline in today's dynamic markets.

- Shows how to overcome the various obstacles to becoming a top trader
- Explores how you can let go of emotional states that can affect your trading
- Offers insights on taking the right action and making better trading decisions
- Reveals how to expand yourself in order to reach the next level of trading success

Wherever you are in your ability as a trader, there is always room to grow. Adrienne Toghraie has seen this firsthand during her twenty-one years in the business of working on trader discipline. With this book, she'll help you develop a winning trading mindset and put you in a better position to break through the barriers that have been holding you back.

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