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This is a summary of Mark Douglas's book Trading in the Zone. This summary represents about 45 pages of a 200 page book. Obviously there is a lot of information, discussion, and examples that are not present here. I strongly encourage you to buy ... Brief Summary of "Trading in the Zone" ...

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Trading in the Zone Master the market with confidence, discipline and a winning attitude . By Mark Douglas . Every now and again, a book comes along that I wish I had been able to read before I made some of the mistakes that have taught me so much about trading and investment. Mark Douglas's new book Trading in the Zone is one of them.

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THE PSYCHOLOGY OF TRADING 'IN THE ZONE'

Mark Douglas, "Trading in the Zone: Master the Market with Confidence, Discipline and a Winning Attitude" English | 2001 | ISBN: 0735201447 | PDF | pages: 243 | 4,8 mb Douglas uncovers the underlying reasons for lack of consistency and helps traders overcome the ingrained mental habits that cost them money.

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