



ANDREW MENAKER

*Develop your mental edge*

## Advanced Course

What have you tried to improve your performance?

Have you read trading psychology books and blogs? Revised your plan? Used post-it notes as a reminder to “cut losers quickly”, and, “don’t be greedy”? Have you tried visualization or subliminal CDs or other techniques to “re-program” your mind?

Did it work?

This advanced self-paced course goes to the heart of the matter, and will show you why the advice of ‘plan the trade and trade the plan’ ignores a major issue. How do you follow your plan when your feelings about your P&L compel you to do something different?

If your plan says one thing but you feel compelled to do something else, which one will win? Our feelings about our P&L often trumps our logical plan or willpower.

Increasing self-awareness significantly increases your ability to control your actions. As a veteran trader myself, I know this first-hand, and I have developed this advanced course based on what actually works, not on ‘pop psychology’. The concepts and the exercises are based on recent empirical findings from neurobiology (neuroscientist researchers, not an ‘internet authority’), my own experience, and what I’ve seen work for my coaching clients. Common aphorisms such as “manage your emotions” are not helpful unless you know how! That’s what you’ll get with this course.

The course includes:

- Nine hours of video outlining & demonstrating key concepts.
- Two workbooks – Original MYMYT & Advanced Workbook with detailed information, and unique, proven, and practical exercises
- Email access to Dr. Menaker

The prerequisite for this course is that you have a trading strategy that you believe is profitable. If you have trouble consistently executing your strategy, this course is for you.

When struggling, the typical trader will try to follow others and/or do more market/chart analysis even if the issue is one of execution. Many traders are willing to invest in new indicators, charts, newsletters, chat rooms and other services. If you direct some of that time and energy to managing yourself, you stand a better chance of improving your performance. Successful traders will seek an edge where other traders will not. The best traders become their own edge.

Are you willing to invest in yourself?