



ANDREW MENAKER

Develop your mental edge

Master Yourself, Master Your Trading

Have you ever tried to improve your discipline? Did it work?

This self-paced course teaches you the same concepts and techniques that Andrew has taught traders within large banks and institutions, hedge funds and prop firms, as well as floor traders and independent traders.

Once you have a trading strategy that you believe is profitable, it all boils down to trusting yourself to execute. When you expand your self-awareness and understand the context for your feelings, you are in a much better position to trust yourself and take control of your actions.

The Master Yourself, Master Your Trading course contains:

VIDEO	7+ hours. Includes the 4.5 hour Online Video Package* plus 2.5 hours of new video content addressing effective self-awareness and self-management techniques.
WORKBOOK	Over 20 pages of actionable techniques and exercises to help you take control of your actions and improve your trading performance.
EMAIL	Access to Andrew for questions

** If you've previously purchased the 4.5 hour Special Online Video Package, contact Andrew for a possible discount available for the Master Yourself, Master Your Trading course.*

This course will show why relying on willpower and trying to ignore your emotions is not enough to change your behavior. Rather than simply trying harder, you need to learn to build self-trust instead.

Don't waste your energy on trying to eliminate negative emotions such as fear and anxiety, they are a natural part of trading; learn how to use them to your advantage. This course goes much deeper than the existing Online Video Package and the public webinars that Andrew conducts, and includes many practical techniques.

The prerequisite for this course is that you have a trading strategy that you believe is profitable but aren't able to consistently execute on it. This is known as the 'profit gap', the difference between a profitable strategy and the actual results. Learn to manage yourself and build self-trust to execute on your plan and close the profit gap.

If you're like most traders, you probably spend a lot of time trying to follow others and/or you plow right back into the market and into your charts when things aren't going well. You're probably also willing to invest in new indicators, charts, newsletters, chat rooms and other services. If you spend part of that time and energy on managing yourself, your performance will most likely improve.

Are you willing to invest in yourself?



COURSE INTRODUCTION

The worksheets and techniques included with this course can be used before, during and after your trading day. They are designed to help you identify, understand and modify your behavior. Some of these techniques will work better for you than others. Because this is a self-paced course, it's up to you to try them all to see which ones work the best for you. However, it's strongly recommended that you use the List of Process Goals and The A.R.T.T. of Trading™ every day you trade, and practice mental rehearsal daily for at least 3 weeks to give it a chance to work. These techniques have an excellent track record for many of Andrew's clients.

Work Sheets:

- Pre-Trading Checklist
- Mental Rehearsal and Visualization
- Know W.I.T.T. - What Is The Trigger?
- Thought Replacement
- Preserving the Good
- Exaggerated Thinking
- The NOW Moment
- List of Process Goals
- The A.R.T.T. of Trading™

Your Responsibility

- Print the worksheets
- Before you begin with the worksheets, view all the videos (and take notes!)
- Practice the techniques daily. It often takes more than a few days to see results.

This course follows the principles of increasing self-awareness and improving self-management as a way to build self-trust, enabling you to take control of your actions. If you have a trading method you trust is profitable, the missing link in your performance is the ability to execute on your plan, which requires self-trust. You will get as much out of the course as you put in. Invest in yourself and engage in the exercises. If you spend part of the time and energy working on yourself as you spend on your charts, you will most likely see an improvement in your performance.