



Paradigm Shift: How to cultivate equanimity in the face of market uncertainty

By Yvan Byeajee

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The best traders have learned to detach their self-worth from any potential trade outcomes. They have learned to free their mind of the emotional stigma associated with mistakes and failures. They don't crave certainty, money, or being right; nor do they incessantly dwell in futile thoughts of past and future - they have evolved beyond those fetters. Getting to this point is a by-product of self-knowledge, which comes through a spiritual practice of some sort. Spirituality does not have to have religious connotations. Sitting in contemplation of your body and mind is a spiritual practice in and of itself. *Paradigm Shift*, targets the new generation of online traders who are struggling with the psychological aspect of trading. It sheds light on the different factors that prevent us from manifesting trading success - or any kind of success - in our lives. It lays down the foundations for the cultivation of equanimity in the markets. It is my hope that the material presented in the book will bring you one step closer to that ideal mindset that will allow you to manifest not only wealth, but also physical, emotional, and spiritual well-being.

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Bibliography

- Sales Rank: #714449 in Books
- Published on: 2015-04-24
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .59" w x 5.00" l, .52 pounds
- Binding: Paperback
- 260 pages

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Editorial Review

Review

"Trading success starts when a person is willing to look inward. In "Paradigm shift" , Yvan shares his journey of building self-awareness and combines it with practiced trading insights. This book offers the path to "trading like a scientist" while maintaining the calm and focus of the "Zen Master."

-- Steve "SLIM" Miller, Analyst, Hedge Fund Manager, Speaker, Host of his own show on the TastyTrade Network

"The most important mental skills associated with successful trading can be grouped in two arenas - intuiting markets and differentiating risks. Both of these are ironically a qualitative subjective task and therefore rely heavily on self-awareness. It follows then that anything that increases one's self-awareness can also make one a better trader. Yvan's book is a welcome contribution to this growing realization that quantitative understandings alone are insufficient for market success."

-- Denise Shull, Neuroeconomist, Author, Founder and President of The Rethink Group

"I have to admit this book blew me away for the remarkable manner in which it so completely, succinctly, and efficiently covers the topic of trading psychology... This is a must-read for all traders and investors."

-- Gil Morales, Best-Selling Author, co-Managing Director and Chief Portfolio Manager of MoKa Investors, co-author and publisher of Virtueofselfishinvesting.com and The Gilmo Report

"The lessons and perspectives shared -- in Paradigm Shift -- are which many could find of value."

-- Charles E. Kirk, The Kirk report

"A great introduction to the awareness that is needed to become a profitable trader."

-- Dr. Van K. Tharp, Author of the classic Trade your way to financial freedom, Founder and President of the Van Tharp Institute

From the Author

Equanimity is an important aspect of trading and it plays a fundamental role in trading success. Consequently, one cannot expect to extract money out of the markets on a consistent basis if it is missing. Given the role psychology plays in high performance endeavors, there are volumes of books out there that explain in great detail principles and concepts that can be quite often daunting to comprehend. The goal of this book is to sift through the noise and present to you something that is relatable, simple to understand, and easy to implement. My aim is to convey to you enough information to create inspiration, stimulate curiosity/ reflection, and provoke realization that greatness is already present within you waiting to emerge.

From the Inside Flap

"This book has the necessary ingredients for what makes a successful trader in trading or in life. The last chapter of our bestselling book "How We Made 18,000% in the Stock Market" is entitled "Trading is Life;

Life is Trading" which was a favorite as it was our blueprint at that point for how to live life. "Paradigm Shift" expands that last chapter of ours into a step-by-step guide for achieving self-mastery. I couldn't recommend a better book on the parallels between successful trading and knowing oneself."

-- **Dr. Chris Kacher, Best-Selling Author, co-Managing Director and Chief Portfolio Manager of MoKa Investors, co-author and publisher of Virtueofselfishinvesting.com**

Users Review

From reader reviews:

Rigoberto Hamilton:

This Paradigm Shift: How to cultivate equanimity in the face of market uncertainty book is not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This Paradigm Shift: How to cultivate equanimity in the face of market uncertainty without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't possibly be worry Paradigm Shift: How to cultivate equanimity in the face of market uncertainty can bring if you are and not make your bag space or bookshelves' turn out to be full because you can have it in the lovely laptop even phone. This Paradigm Shift: How to cultivate equanimity in the face of market uncertainty having very good arrangement in word as well as layout, so you will not really feel uninterested in reading.

Jacqueline Kellett:

The actual book Paradigm Shift: How to cultivate equanimity in the face of market uncertainty will bring you to definitely the new experience of reading a new book. The author style to spell out the idea is very unique. If you try to find new book to study, this book very acceptable to you. The book Paradigm Shift: How to cultivate equanimity in the face of market uncertainty is much recommended to you you just read. You can also get the e-book from official web site, so you can quicker to read the book.

Kenneth Rogers:

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled Paradigm Shift: How to cultivate equanimity in the face of market uncertainty can be great book to read. May be it can be best activity to you.

Lorene Williamson:

Is it a person who having spare time subsequently spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This Paradigm Shift: How to cultivate

equanimity in the face of market uncertainty can be the respond to, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this completely new era is common not a nerd activity. So what these guides have than the others?

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