



# Trading in the Zone : Maximizing Performance with Focus and Discipline

*Ari Kiev*

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# Trading in the Zone : Maximizing Performance with Focus and Discipline

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**Trading in the Zone : Maximizing Performance with Focus and Discipline Ari Kiev**  
**Overcome the obstacles that can prevent you from winning at the trading game**

A trader's emotional state is vital to being a successful investor. There are many psychological factors that can affect the decisions one makes in the course of a trading day. This book focuses on overcoming issues such as anxiety, fear, and over-ambition so that traders can become more focused and be more successful-in other words, enter the zone-and stay in it as long as possible.

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