

Hypnotrading: A practical guide to using hypnosis and NLP to improve your trading performance

By Catherine Stott

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Trading is a minefield of psychological and emotional challenges. Hypnotherapy and neuro-linguistic programming (NLP) techniques are commonly used by psychotherapists to help traders defeat these challenges and become more profitable.
Now, for the first time, these approaches are made available to all in HypnoTrading - a brand new step-by-step practical guide on how to use the latest psychotherapeutic approaches in the trading environment.
HypnoTrading teaches a number of self-help solutions to make your mindset more positive, control your emotions and enhance your ability to deal with the common psychological issues traders face.
You will discover the power of hypnosis and how to use self-hypnosis with NLP and Havening, a cutting-edge psycho-sensory technique, to identify and master the issues that inhibit your trading performance. With these methods, you will make better trading decisions, perform in a more calm and consistent manner, and improve your trading results.
A wide range of practical techniques and activities are provided throughout. These have been designed specifically to combat the psychological challenges faced by traders. Once you are accustomed to using these techniques, you will have your own toolkit that you can use as often as required to help you change your mindset and improve your psychological approach to trading.
You will be amazed at the impact a positive mindset, freedom from stress, anxiety and fear, and an ability to move on from losing trades will have on your trading results. HypnoTrading is your guide to making these changes.

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