

<<缓解压力指导Mastering Trading Stress>>

图书基本信息

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内容概要

In *Mastering Trading Stress*, author Ari Kiev—a psychiatrist who specializes in stress management and works extensively with traders—offers examples, transcripts of conversations, and personality profiles of real-life traders to illustrate how stress affects their ability to perform at their best. Drawing on his vast experience, Kiev describes a variety of practical techniques that can be used to handle destructive emotions and out-of-control feelings, including his “ Most Basic ” stress busters, and tells what to do if a breakdown should occur.

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作者简介

Ari Kiev is a psychiatrist who specializes in organizational psychology, stress management, and performance enhancement. He is President of the Social Psychiatry Research Institute and is recognized worldwide for his pioneering work in transcultural psychiatry, suicidology, and psychopharmacology. Kiev is the author of four trading books: *Trading to Win*, *Trading in the Zone*, *The Psychology of Risk*, and *Hedge Fund Masters*. In recent years, he has developed The Trading To Win training programs for dealing with trading stress, portfolio management, risk control, and leadership as they relate to peak performance in the trading arena. For more information, visit www.arikiev.com

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