Do you ever stop and wonder why, even though you know better, you’ve found yourself making impulsive decisions in the “heat of the moment” that lead to disaster in a trade?

The answer may surprise you. In fact, when I share with you what is behind your decisions, you may not like the answer… So I’ve decided to let someone else share with you the answer… Someone who for over 20 years, has been a world-class trader coach, best-selling author and authority on the topic said it best:

"The goal of any trader is to turn profits on a regular basis, yet so few people ever really make consistent money as traders. What accounts for the small percentage of traders who are consistently successful?"

The determining factor is psychological- the consistent winners think differently from everyone else."

-- Mark Douglas, Trading in the Zone

Unfortunately, if you are like most traders, you don’t believe that your trading problems
are the result of the way you think about trading or, more specifically, how you are thinking while you are trading. And frankly, I don’t blame you and am not surprised by this.

After all, your thoughts tend to be what becomes and feels most like your identity. Your thoughts make up who and what you believe makes you… YOU! And on top of that, chances are good that for the most part, your thinking works excellently for you in the other areas of your life. Which can make trading so frustrating (and tragically draining on your finances).

But there’s no need to beat yourself up about it!

The point is… If you are reading this, maybe you’ve gotten lucky and had some success in what you are doing or maybe you’ve had a lot of success and you are one of those top 1% of traders already… but statistically speaking, you are probably in the 99% of traders who are not consistent with your trading successes and are always looking for “the next big thing”.

By now, you are starting to realize that it’s not always the next thing that you need. What you need is a mental game-changer. Something that will affect your thinking at a deep level and transform you into a moneymaking machine...

Even though there is a proven science to making significant and lasting changes to these unprofitable trading impulses and actions that lead to inconsistent profits, the challenge lies in the fact that most of these impulses and actions bring you success in other areas of your life...

But that’s not the paradox! (That’s coming up soon).
You see, first I want to be clear about two things:

1) You MUST accept that the reason you are not consistently successful as a trader is not a problem with your trading plan, or your knowledge of the markets.

   The problem is with your thinking!

2) And what we are offering in this report is an insight into what changes you MUST make to the way you think… if you want to be consistently successful as a Forex trader.

But before we delve into the insights that this report will open your eyes to, you should know that these are not MY theories or ideas. These are scientifically proven, field-tested strategies and techniques used by world-class professionals in dozens of different fields.

Good Enough For The OLYMPICS?

Some of the strategies in this report will open your eyes to the importance of changing how you think.

And changing thinking patterns is so important that for over 40 years, Olympic and other top performing professional athletes have been using mental training along with physical training. You see this mental training gives them superior performance, greater ability to focus, conquering their fears, gaining confidence, and the power to stop overanalyzing, especially during competition when the heat is on.¹

Good Enough For The US ARMY?
Now what if I told you that the United States Army also uses mental training? Yes, the US Army has been using a program that addresses the mental and emotional aspects of soldiers’ performance.

You see, by emphasizing how the mind and body connection works they are addressing issues of confidence, improved attention, managing energy levels and facilitating learning.²

Clearly, the benefit of addressing these issues is not only important, it’s being used in other areas where either top performance or life & death matters are on the line.

Now, I’m not saying that skill, technique and knowledge are not important when it comes to trading. They are. But what if that’s not what has been keeping you from being consistently profitable? Maybe it’s not that you don’t have access to the next big thing, or that your trading plan isn’t working well, or that you have bad luck… what if, in fact, it’s something much closer to home?

You see, in order use this science to change your impulses and actions, you must…

Before We Can Answer Why the Profit Paradox Determines Whether You Become Rich… or GO BROKE as a Trader, You MUST Get To Know Yourself... And Your Mind.

By the way, Who’s the Boss? You or your mind?

The best way to explain why this works is to keep it simple:

Your mind is like a perfect computer... It will do exactly what the programs you have installed are supposed to do. So if you do not install the right programs in it, why should you expect to be able to have it produce the results you want from it?

Here’s Why You NEED These Mental Tricks To Succeed…
If you don't train your mind, which is the supercomputer that decides how you will react or respond in the middle of a trade, then you will act according to your emotions. And it is a proven fact that professional, consistently profitable traders DO NOT ALLOW their emotions to affect their trades. But if you are like 99% of traders out there, you have NO IDEA how to change your emotions.

This report will give you a glimpse of some tools that will give you access to reprogramming your mind... and your emotions, which means, you respond to vital trading situations like a profitable trading pro!

The God-Like Gift of "Auto-Pilot" (and How It Can Hurt You)

The Power of Familiarizing Yourself With Your Thoughts

Peter Drucker (world-famous, revolutionary Management Consultant) said: "What Gets Measured Gets Managed" And it follows that what gets managed, IMPROVES.

In order to measure anything, you must familiarize yourself with it. In fact, the simple act of measuring makes you MORE FAMILIAR with whatever you are measuring.

So how do we measure your mind? Well, thankfully, we don't have to measure your ENTIRE mind, but it is important to become aware of the emotions you experience when it comes to trading.

Wait a minute!.. What do you mean "auto-pilot" ?!

I call it auto-pilot because 99% of the time you are NOT aware of the pictures and sounds that are creating the emotions and feelings that are driving your actions, which will be the main way to predict how profitable you will be!
WHAT!? What do you mean you are not aware of what you are thinking? That's right! Here... Let me give you this example:

This is how your “auto-pilot” programs SEEM to happen:

<table>
<thead>
<tr>
<th>TRIGGER</th>
<th>“My mortgage payment is due...”</th>
<th>Triggers can come from our environment or inside ourselves.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTION</td>
<td>“… so I’m going to get in the market and make money on my next trade... and FAST!”</td>
<td>Actions are taken accordingly.</td>
</tr>
</tbody>
</table>

And...

This is how your “auto-pilot” programs ACTUALLY happen:

<table>
<thead>
<tr>
<th>TRIGGER</th>
<th>My mortgage payment is due...</th>
<th>This is an outside trigger.</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEED</td>
<td>I need money to pay my mortgage.</td>
<td>Being human means having needs. A basic human need (as in this example) is housing.</td>
</tr>
<tr>
<td>THOUGHTS</td>
<td>I will lose my home if I can’t pay my mortgage... Where will I live... What will my friends, family and neighbors think... I can’t be without a home... Maybe I’m not cut out for trading...</td>
<td>When we deny our needs, we retreat into a world of thoughts, which can be filled with criticisms, judgements, blame and confusion.</td>
</tr>
<tr>
<td>EMOTIONS</td>
<td>I feel anxiety and fear</td>
<td>The emotions that arise are often determined by the thoughts that preceded it. We often avoid feeling emotions by numbing them or acting them out.</td>
</tr>
<tr>
<td>IMPULSE</td>
<td>I have to place a trade NOW (even though the market hasn’t generated a signal)... I need to make money NOW!</td>
<td>When we resist or control our true needs - and their thoughts and feelings - we create pressure in our system that urgently seeks relief. The relief-seeking impulse is often a misguided attempt to get the original need met.</td>
</tr>
<tr>
<td>THOUGHTS</td>
<td>I shouldn’t place the trade yet. I know it’s a bad idea but I can’t just wait forever... I HAVE to take ACTION... Waiting may take forever, and success comes to those who take action!</td>
<td>Critical self-thoughts continue to arise about our inner experience. And the worst part is, if these thoughts were about some other arena (not trading), they would probably be a good idea... It’s just not the case here... trading is about sticking to the plan!</td>
</tr>
<tr>
<td>ACTION</td>
<td>I place the trade before the market generates a signal.</td>
<td>An action happens to alleviate the pressure and meet the need. This is only a short-term release (pleasure). In our haste, the action is often not the one that meets our true need.</td>
</tr>
</tbody>
</table>
I can’t believe I lost that money that I could have used to pay my mortgage! I am such a loser! My spouse is going to kill me!

Judgements about our habits become the new trigger and the cycle begins again.

Does this diagram look familiar upon closer inspection?

And by the way even if this specific example doesn’t perfectly fit for you because you don’t have a mortgage, you can probably imagine a similar experience that does fit your trading experience.

And here’s yet another way of looking at what I like to call...

The “Auto-pilot” Program SPIRAL

But it’s not your fault!

Think about it like this, we are born knowing how to do very little for ourselves. We spend the first few years of our lives as learning sponges. Learning everything from how to walk, to talk, to read, and how to behave.
We learn by trial and error, we learn by observing and direct training. And if you’ve ever observed a baby learning how to walk, you’ll notice not only a lot of falling and getting back up, but also an intense sort of concentration. Each step, each individual action is conscious. And those individual actions turned into “auto-pilot” actions with repetition and practice.

So stop for a moment and think what it would be like if we didn’t have the ability to turn our repeated actions into “auto-pilot”? It would make simple actions like walking or shaving very hazardous! (Let’s try not to think what driving would be like!)

**What If You Had X-RAY Vision Into Your Mind… and Your “Auto-Pilot” Thoughts**

By now, you have probably already started to figure out that the right mental training gives you x-ray vision into the parts of your mind that you don’t normally have access to or even think about.

Not only that, but the right mental training gives you the tools to identify, interrupt and change any “auto-pilot” processes that you are currently running that have NOT been helping you to become the profitable professional trader you want to become. Mental training helps you create new “auto-pilot” processes… like the ones that the top 1% of traders engage in regularly.

**What Are Some “Auto-Pilot” Programs For Traders?**

Here are some "auto-pilot" experiences… Just think how by becoming more familiar with these, you can modify them, practice doing it like a top “1 per-center” and then, as if by magic, start to respond differently when these situations come up real-time:

- How many times have you looked at the numbers and thought to yourself, “It looks like the market is going up.” And exactly what you predicted would happen, happened. But you did nothing, except watch the market move?

- Do you really believe you are taking a risk when you put on a trade? Have you fully accepted the possible outcomes?
• Have you ever gotten into a trade before the market has generated the signal?
• Have you ever convinced yourself to take a loss, only to take a much bigger one?
• Do you find yourself, anxious or fearful when you put a trade?
• Do you find yourself behaving recklessly in the midst of a trade?

If you answered yes to any of these “auto-pilot” scenarios, then you know what I’m talking about. You got in to a bad situation… and even though, logically, you knew better, you made the wrong decision.

So who’s in control here? Your conscious mind and you’re well-researched, logical, thought-out intelligent plan -OR- your unconscious “auto-pilot” program? Just knowing this is the case, can give you a good start. But as you already are aware, knowing is “only half the battle.” So how do you best address the other half?

It’s simply a matter of installing more useful “auto-pilot” programs in your mind (remember the Olympic athletes & the US Army?)…

But HOW Do You Install Programs In Your Mind?

When it comes to computers, we say we are “installing programs.” But when it comes to your mind, we call it “mental training.” And training your mind, quite frankly, is actually
something that often happens on its own. It’s how you learned to walk, talk, read, write… and other habits like brushing your teeth.

But if you stop for a moment & can remember learning any of these tasks or activities, you probably remember that it may not have been very enjoyable… in fact, it was a lot of hard work! And who wants to work hard?

**Where’s The Cruise Control Button For Building New Habits?**

Let’s face it, we all want to push the cruise control button and automate things (or at least work from a base of knowledge that lets us know we are heading in the right direction)…. Which is precisely what this amazing mental training report will begin to explore.

This report will give you a glimpse of some simple mental "hacks" you can use to become more familiar with your mind and finally train it to do what is best for YOU and your future as a trader. So let’s begin by exploring a core driver of our actions…

**Your Emotions**

But where do emotions COME from?
Let’s get one thing straight! This isn’t some weird “woo-woo” theory about “getting in touch with your feelings.” It’s just part of how human beings are designed. You take in data from your senses of sight, sound, touch, taste and smell.

This is obviously nothing new... in fact you probably learned about your five senses before you entered kindergarten. But it is important to recognize that it is through your five senses that you make sense of the world around you. And how you make sense of the world determines how you make decisions about your world:

You make connections and turn all that random data into information, which often leads to understanding and the moment you, understand (or don’t understand) that information; you generally will have experience or feel some sort of emotion as a result.

Does This Sound Complicated?

Well, don’t worry, that’s just a fancy way of saying that your emotions come from our thoughts... and thoughts are technically the pictures and sounds we make in our mind. It’s kind of like a theater... the theater of your mind!

You might call these pictures and sounds in your mind something else. You might use words like:

• Imagination,
• Memory,
• Your mind’s eye, or maybe
• The sounds and words you hear when you either think or read to yourself.

Here are some other ways of thinking about the pictures and sounds in your mind:
Have you ever seen something so beautiful that you “just couldn’t get it out of your mind” or heard a song that “sticks in your mind and plays over and over”? These are just some examples of what I’m talking about when I say the pictures and sounds in your mind.

These pictures and sounds act as the fuel for the machines called emotions (also often called feelings). And of course, how you feel about something will determine how you react or respond to that thing. And how you consistently react or respond to things will be the deciding factor in your end-results. And all of this happens on “Auto-Pilot”.

And FINALLY…
How To Use This Information (Just One Example of When & Where This Will Help)

What if you could easily Forget Your Fear of Losing (just like the most profitable pros do)?

Or better yet, how much more profitable will you be when you Overcome Over-Analysis Paralysis and Start Pulling Profits instead?

I’m here to tell you that the second you Stop Second-Guessing and start Sticking To Your Plan, you will make more money. It is after all, why you chose your trading plan, because it made LOGICAL sense. And the real trick to succeeding as a trader is that you must make decisions that emotionally are NOT LOGICAL. That’s right!...

You MUST go into every trade assuming you will lose… and being OK with that fact. Because the moment you assume you will win, you are starting off as a loser. I know,
it's confusing. And that's why these mental tricks will be a complete mental (and trading account) game-changer!

Here is just one profit-producing mental program you can begin to explore and take immediate action on!

*** Forgetting Your Fear of Loss ***

How To Reverse Your Fear Into Confidence & Make Trades In Line With Your Original Trading Plan... And Finally Start Consistently Pulling Pips From The Forex!

Even though it might sound strange to hear... Fear has its useful place in your toolbox of mental processes. However, Trading is NOT one of them!

But before we move on, let's explore quickly why fear can be useful. There is nothing like a big surge of adrenaline and “Fight or Flight” to shut down your rational, critical mind and send your emotions on a roller-coaster freak-out of impending physical harm.

A “normal” response to the emotion of real FEAR

This “normal” response becomes a problem when you translate that fear into your trading activity. And that’s exactly what this first guide will help you overcome. Let me explain how easily this works:

The first step is noticing the behavior you are engaging in is not useful or helpful, and rather than simply stopping it – ever try to just stop thinking about something? Or tell a child to NOT keep shouting? Or better yet, whatever you do-- DO NOT think about a GREEN Chihuahua dog in a pink bikini!

The only real direction for your mind is the action you do not want to go in. It's like telling your computer to NOT open your Internet web browser when you really want it to go to your Word processing program.
Decide what you want to do instead. And because that’s often easier said than done, this first guide will make it easy to steer your mind where you want it to go (towards profitable actions).

The Forex Mental Training
FEAR STOPPER Guide

If you can’t see this guide clearly, don’t worry… you will get access to it in an upcoming FREE video series where I will walk you through it in a step-by-step process.

By the way, in case you are wondering what the profitable actions are... We’ve asked top traders and trading coaches who have successfully been in the trenches for decades, what they do, and what the other 99% of traders fail to do and modeled our entire program to teach you the tools that will allow you greater flexibility in controlling the “auto-pilot” processes that are really running your trades.

OK, So What’s Next?

The way I see it you have three choices:
1. You can dismiss this information all together, and maybe never make it as a trader or have the lifestyle you want and deserve.

2. You can take it in, but just decide to wait it out and see what you learn on your own, after all it’s not unusual for a trader to muddle through until they develop the discipline and focus about 10 years into it, after much pain and epiphany. Why mess with that? You can take 10 years, right? Your trading account can take it, right?

3. OR, You can spend 20 to 30 minutes a day training your mind to respond like a seasoned (at least 10 year) savvy trading professional.

That is why I have developed this system… to help give you the mental edge that most traders never reach. It’s the same principle that works for top athletes, for top performers in any field. That is the experience that I offer. I have spent 1000s of hours and years of my life studying these principles. I’ve seen them create extraordinary results for 100s of people that decide they are ready to apply them.

This isn’t about creating a trading system. You’ve already got those. This is about what will give you the best edge in applying that system...

That is where the Trade Your Mindset series comes in. When you’ve made the decision to gain the discipline, focus and income that you want now rather than leaving it to chance.

You don’t have to continue reading on and on about how great this is, because when you watch the special videos I’ve created for you… you’ll get it. You’ll know why all of this just makes good sense. In fact continuing to trade without this, you’ll do at your own risk.

Stay Tuned for Your FREE Training Videos.
Bibliography


Special Thanks

It's difficult to count all the reasons for which to thank Richard Bandler & John LaValle... especially for clearing the path to a deep understanding of how the brain works. It is because of their over 30 years of real-world insights, experience and training, training manuals (and dozens of books) in the field of Neuro-Linguistic Programming(TM) that I am able to share this report with you.

I am also very grateful to John F. Carter for opening the door and lighting the fire under me to create the original "Professional Trader's Mindset" Mental Training. He is a good friend, a true family-man, and a world-class trader and trader coach who continues to serve as an inspiration to me and thousands of others.

I will always be grateful to Adolfo Torres for his mentorship, his guidance, and for showing me what it means to be part of a community and how that can create endless opportunities that help anyone who really wants it. For opening my eyes to the simple and profound idea that "Life is about managing relationships, wealth, and emotions."

If it were not for Anthony Trister, I would probably not even know what the word Forex means. Thank you to Anthony for introducing me to this wild and crazy world and all of the possibilities that we have yet to create.

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