

Psychology

How important is psychology and trading? It's the most important. In this paper I'll share some resources that a trader can use to assist in overcoming internal battles.

Facing internal demons is not easy. I liken it to opening *Pandora's Box*. However, many traders need not go that far. Sometimes it's just a matter of picking up a few 'tools' or nuggets about psychology.

Some traders learn from other's personal experiences. If you'd like to read an in-depth account of my battle with my demons you can download my book for free, from my web site. The title is *From the Pits to the Pits*. The first half of the book is much more entertaining than the second half. The second half is very intense and delves very deeply into my psyche and fleshes out just how far someone will go to succeed.

My second book, *8 -Steps to Therapy*, takes a different teaching approach (my non-fiction books are about teaching/sharing my experiences to help others). I took all the people who helped me and put them into a fictional character named Dan. That character leads me down a road to recovery. You may also download that book for free from my site (www.jamesgoulding.com).

Other trader's learn better from authorities on the subject they're studying. I offer up two of the people I've read and perhaps they can help you too; Carl Jung and Tony Robbins.

Carl Jung

Read about his work surrounding the *observing ego*. I can't say enough about it.

Tony Robbins

Start with the book, *Awaken the Giant Within*.

Thank you,
Jim Goulding
GH Trader's LLC
Treas-Arb, Chicago

Disclaimer:

This Research Note is meant for in-house use at GH Trader's LLC, only. Do not transmit this research note to anyone outside GH Trader's LLC. If you are in receipt of this research note and you are not employed by GH Trader's LLC, and you attempt to use anything within this research note, you doing so solely at your own risk.