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## Positive Poker A Modern Psychological Approach To Mastering Your Mental Game

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Positive Poker: A Modern Psychological Approach To

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Positive Poker is an in-depth examination of the psychological aspects of all elements of poker. It is essential reading for anyone who wants to improve their play. It is essential reading for anyone who wants to improve their play.

Positive Poker: A Modern Psychological Approach to ...  
Positive Poker: A Modern Psychological Approach to Mastering Your Mental Game June 16 2014 Sarah talks to Dr. Patricia Cardner about her new book with Jonathan Little Positive Poker: A Modern Psychological Approach to Mastering Your Mental Game.

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Why are the best poker players actually the best?  
Every serious poker player wants to be successful and many of them have the right technical skills. However...

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Positive Poker will help you to: Optimize your brain for efficient learning Increase motivation and stay positive Use psychological skills to increase your win rate Increase self-control and reduce tilt Patricia is aided in her investigations by the highly successful poker pro Jonathan Little, author of the critically acclaimed series, Secrets of Professional Tournament Poker.

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Why are the best poker players actually the best? Every serious poker player wants to be successful and many of them have the right technical skills. However, the truth is that there are key mental factors that separate the big winners from everyone else. Patricia Cardner is a psychology professor,...

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Positive Poker outlines the mental skills that you need to develop if you want raise your game. Positive Poker will help you to: Optimize your brain for efficient learning; Increase motivation and stay positive; Use psychological skills to increase your win rate; Increase self-control and reduce tilt

Why are the best poker players actually the best? Every serious poker player wants to be successful and many of them have the right technical skills. However, the truth is that there are key mental factors that separate the big winners from everyone else. Patricia Cardner is a psychology professor, licensed

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professional counselor and dedicated poker player. She interviewed a select group of professional poker players who share two key characteristics: ALL of them have been successful over many years and ALL of them have lifetime winnings of more than \$1,000,000. Patricia analyzed the results to determine exactly what psychological skills, techniques, and strategies they use. This book is the result of her studies. Positive Poker outlines the mental skills that you need to develop if you want raise your game. Positive Poker will help you to: Optimize your brain for efficient learning Increase motivation and stay positive Use psychological skills to increase your win rate Increase self-control and reduce tilt Patricia is aided in her investigations by the highly successful poker pro Jonathan Little, author of the critically acclaimed series, Secrets of Professional Tournament Poker.

So, you want to get better at poker? You are committed to this and you are prepared to spend time on it. You ask advice and what do people tell you? Probably something along the lines of “ just keep working on it and you ’ ll get there. ” This is wrong. “ Just working on it ” will not help you. Randomly analysing hands, watching poker on TV or vaguely looking at equity equations won ’ t cut it. The only approach that will work is the right sort of practice based on a relatively new area of psychological investigation – the science of expertise. This book identifies precisely what this “ right sort of practice ” entails. It is based around what has become known as purposeful practice. Purposeful practice is the gold standard for anyone who wishes to take full advantage of the remarkable adaptability of the human brain and is the fast track route to improving

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your poker skills. This book will give you: \* A clear theoretical understanding of the science of purposeful practice \* Numerous techniques by which this can be adapted to improvement at poker \* Specific exercises designed to create an infallible Plan for Poker Improvement

One of the ten greatest books written on poker, this must-have book should be in every player's library. If you're serious about winning, you'll realize that most of the profit comes from being able to read your opponents. Caro reveals the the secrets of interpreting tells-physical reactions that reveal information about a player's cards-such as shrugs, sighs, shaky hands, eye contact, and many more. Learn when opponents are bluffing, when they aren't and why-based solely on their mannerisms. Over 170 photos of players in action and play-by-play examples show the actual tells. These powerful ideas will give you the decisive edge.

Imagine the edge you would have if you could consistently play poker in the zone. In the zone you make all the right decisions, instinctively when to bluff, and are unfazed by a losing hand. You ' re locked in and feel unbeatable. It ' s shocking how many poker players stumble into this elusive state of mind. As quickly as that euphoric feeling of invincibility arrives, it's gone. And no matter how hard they try, they can ' t get back there. Until now. In *The Mental Game of Poker 2*, author and renowned poker mental game coach Jared Tendler breaks down the zone and delivers actionable steps to help players get there consistently. He demystifies the zone, and for the first time, brings logic and order to this previously misunderstood concept.



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This book provides proven strategies to:

- Play poker longer and across more online tables.
- Improve decision making.
- Learn faster.
- Eliminate C-game mistakes.
- Increase focus and discipline.

The Mental Game of Poker 2 expands on the psychological strategies and theories from Tendler's groundbreaking book, The Mental Game of Poker, which cracked the code on managing tilt and has helped thousands of players eliminate mental leaks from their games. Like the first book, The Mental Game of Poker 2 is a must have resource for every poker player who is serious about improving.

Mike Sexton once asked Chip Reese, "The guys you play against are tough. What separates you from them?" Chip replied, "You're right Mike. They are tough. In fact, when they play their 'A' game, I'm really no better than they are. The difference is that they also have a 'C' and 'D' game, whereas I don't. They become weak players when they steam and just about all of them do. My edge is that I don't steam." (Life's a Gamble, D&B 2016). If you've ever wondered if the psychological aspect of poker is important, that should provide the answer. One of the greatest players of all times is attributing his success to the fact that he has better psychological control over his play than his opponents. The good news is that, actually, there is nothing mysterious about Chip's ability. To do the same you simply have to adhere to specific strategies and guidelines. This book will tell you what they are and explain why they work. These strategies, implemented into your everyday routine, will substantially increase

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your performance and improve your mental state. Peak Poker Performance will show you how to: Create an unbeatable mindset Pursue excellence during downswings Eliminate procrastination Improve your motivation Master your emotions Plus much, much more Dr. Patricia Cardner has worked with hundreds of poker players, at mid-stakes and high-stakes levels, both through private coaching and online training. With the help of Jonathan Little, Patricia moves on from her first book, ' Positive Poker ' and uses the very latest research to take you to the next level so you too can achieve better results on the felt and in life.

Rough sex, black magic, murder, and the science-and eros-of gambling meet in the ultimate book about Las Vegas James McManus was sent to Las Vegas by Harper's to cover the World Series of Poker in 2000, especially the mushrooming progress of women in the \$23 million event, and the murder of Ted Binion, the tournament's prodigal host, purportedly done in by a stripper and her boyfriend with a technique so outr é it took a Manhattan pathologist to identify it. Whether a jury would convict the attractive young couple was another story altogether. McManus risks his entire Harper's advance in a long-shot attempt to play in the tournament himself. Only with actual table experience, he tells his skeptical wife, can he capture the hair-raising brand of poker that determines the world champion. The heart of the book is his deliciously suspenseful account of the tournament itself-the players, the hand-to-hand combat, and his own unlikely progress in it. Written in the tradition of The Gambler and The Biggest Game in Town, Positively Fifth Street is a high-stakes adventure, a penetrating study of

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America's card game, and a terrifying but often hilarious account of one man's effort to understand what Edward O. Wilson has called "Pleistocene exigencies"-the eros and logistics of our primary competitive instincts.

Provides information on common poker tells and gives a mental framework for analyzing and remembering that behavior.

Six different countries. Twenty eight professional poker players. All of them Real Grinders. If you ' ve ever wanted to know if you have what it takes to be a professional poker player, now is your chance to find out. We ' ve brought together some of the best pro players from around the world to talk about what it's like playing poker for a living; the good parts, the bad parts, the successes, and the challenges. Everything that separates the winners from the losers in a game where fortunes can be won or lost on the turn of a card, and a level head and a quick wit control the table. Professional poker doesn't get more real than this.

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