

The Mental Game Of Poker 2 Proven Strategies For Improving Poker Skill Increasing Mental Endurance And Playing In The Zone Consistently

The Mental Game of Poker Proven Strategies for Improving Tilt Control, Confidence, Motivation, Coping with Variance, and More Jared Tendler LLC The Mental Game of Poker 2 Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently Jared Tendler LLC

Inside the intriguing world of poker lies a fascinating exercise in strategy and extreme concentration--many of the same principles that underpin the one-thousand-year-old philosophy of Zen spirituality. Zen and the Art of Poker is the first book to apply Zen theories to America's most popular card game, presenting tips that readers can use to enhance their game. Among the more than one hundred rules that comprise this book, readers will learn to: * Make peace with folding* Use inaction as a weapon* Make patience a central pillar of their strategy* Pick their times of confrontation Using a concise and spare style, in the tradition of Zen practices and rituals, Zen and the Art of Poker traces a parallel track connecting the two disciplines by giving comments and inspirational examples from the ancient Zen masters to the poker masters of today.

In 1987, there was legalized poker in Nevada and in one county of California. Author Jesse May was seventeen years old and already hooked. By 1996, poker could be legally played in casinos in over twenty states of the union and five countries in Europe. Legalization changed the face of poker, and as the game came of age, so did May, who by 1989 had dropped out of the University of Chicago after one year due to irreconcilable differences between Tuesday- and Thursday-morning classes and Monday- and Wednesday-night poker games. Based on his experiences in the strange world of poker, May's debut novel Shut Up and Deal is the story of a nontraditional '90s slacker, a dropout with an incurable obsession and incredible stamina, who makes a career in a profession where the only goals are to stay in action and to not go broke. In Shut Up and Deal, a professional poker player takes readers along on his adventures over several years in and out of casinos and card rooms in locales such as Las Vegas, Atlantic City, and Amsterdam. Told in a catching, likeable voice, this story offers up one rip-roaring poker-table drama after another, with narrator Mickey ultimately finding himself in a spot that jeopardizes his entire bankroll and calls into question his morals, such as they are. In rhythmic, high-octane prose that is as addictive as the game it describes, Shut Up and Deal zooms in on the swirling, feverish microcosm of the contemporary poker world from its very first line and never cuts away.

The best way for small stakes poker players to earn life-changing amounts of money is to win a satellite into a bigger tournament. Yet there is surprisingly little poker theory written about how to win satellite tournaments, until now. In Poker Satellite Strategy professional poker player Dara O'Kearney gives you a framework for how to approach every stage of a satellite tournament, from the early levels right up to the bubble. This book takes the stress and uncertainty out of satellites. You will learn: *Adjustments you need to make from regular poker tournament strategy *What hands to shove, call and fold on the bubble *When to tighten up and when to keep accumulating chips *Easy poker math to do at the tables *The correct poker GTO ranges (and how to adjust to different player types and situations) *When it's correct to fold Pocket Aces preflop Dara O'Kearney is a professional poker player from Ireland with a long standing reputation as the best satellite specialist in the game. He has won over \$1 million in satellite tournaments alone and twice won the PokerStars UKIPT satellite leaderboard. He is sponsored by Unibet Poker and is the co-host of The Chip Race Podcast. "In the first 30 minutes of reading, I guarantee you will pick up something that will increase your future expectation to cover the cost of the book tenfold" – Marty "TheLipoFund" Mathis, partypoker PPL Satellite Leaderboard winner "A highly recommended book for anyone looking to play satellites well or related formats like Double or Nothing where multiple finishers receive identical top prizes" ~ Collin Moshman – author of Sit N' Go Strategy "Dara has been ahead of the curve on satellites for years and his results show it. This book will change the way you think about, and play, satellites forever."~Daiva Byrne - professional poker player and advocate for women in poker This book uses the most up-to-date poker ICM calculators, however it has been written in a way to make the poker math you need to do at the tables very simple. Every chapter starts from a poker GTO framework but then explains how you should deviate when the players or table dynamics change. It covers every aspect of satellite play, from the important bubble stage, but even explaining the poker game theory behind late registering, post flop play, poker mindset issues unique to satellites and how to adjust in live poker tournaments. It has everything a texas hold'em player needs to qualify for big poker tournaments like the World Poker Tour, EPT or World Series of Poker.

A step-by-step system for mastering trading psychology. Think about your most costly and recurring trading mistakes. Chances are that they're related to common errors, such as chasing price, cutting winners short, forcing mediocre trades, and overtrading. You've likely tried to fix these errors by improving your technical skills, and yet they persist. That's because the real source of these mistakes is not technical—they actually stem from greed, fear, anger, or problems with confidence and discipline. If you are like most traders, you probably overlook or misunderstand mental and emotional obstacles. Or worse, you might think you know how to manage them, but you don't, and end up losing control at the worst possible time. You're leaving too much money on the table, which will either prevent you from being profitable or realizing your potential. While many trading psychology books offer sound advice, they don't show you how to do the necessary work. That's why you haven't solved the problems hurting your performance. With straight talk and practical solutions, Jared Tendler brings a new voice to trading psychology. In The Mental Game of Trading, he busts myths about emotions, greed, and discipline, and shows you how to look past the obvious to identify the real reasons you're struggling. This book is different from anything else on the market. You'll get a step-by-step system for discovering the cause of your problems and eliminating them once and for all. And through real stories of traders from around the world who have successfully used Tendler's system, you'll learn how to tackle your problems, improve your day-to-day performance, and increase your profits. Whether you're an independent or institutional trader, and regardless of whether you trade equities, forex, or cryptocurrencies, you can use this system to improve your decision-making and execution. Finally, you have a way to reach your potential as a trader. Now's the time to make it happen.

Ask any poker player with a little bit of experience, and they'll tell you poker is a game of people, not of cards. They're absolutely right. But nine times out of ten, these same players get the people part all wrong. They look for the wrong things. They make the wrong adjustments. And they end up paying for it. In Playing the Player, best-selling author Ed Miller shows you how to make the right reads and the devastating adjustments that top pros use to crush their opponents, including: How to get the nits and rocks to let you win pot after pot after pot How to gain the upper hand against tight-aggressive regulars How to use loose players' aggression against them How to systematically profile opponents, spot their weaknesses, and attack Playing The Player will have

you thinking about and playing poker in a whole new way. You always knew poker was a people game. Now learn exactly how to play it.

If you've ever had a poker session where you felt completely at ease, your instincts were spot on, and you could effortlessly make the right play without fear or hesitation, you were likely playing from a place of deep presence. "I've had the pleasure of working alongside Jason and I promise his wealth of knowledge on emotional intelligence and its application in a risk-based business is an untapped, hidden edge that few explore. Can't recommend his work enough." -Matt Berkey
Poker with Presence is your guide to playing this way each time you sit down. The experiential exercises inside bring you into presence and flow so you can win more money and enjoy your time at the table more each day. "I would recommend this book to anyone who wants to improve at poker, and anything else." - Tommy Angelo

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. 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.

How a New York Times bestselling author and New Yorker contributor parlayed a strong grasp of the science of human decision-making and a woeful ignorance of cards into a life-changing run as a professional poker player, under the wing of a legend of the game

One of the most daunting moments in a poker player's career occurs when he realizes his knowledge of how to play a specific hand well is incomplete without the additional understanding of how to play every other hand in his range well. This task would be impossible if a player had to actually think about every other hand in his range, but by understanding theoretical sound poker, he can quickly design balanced ranges using the proper bet-sizing while playing. *Applications of No-Limit Hold 'em* teaches theoretical sound poker, and thus the ability to create the bet-sizings and ranges which will beat the better players. The theory in this book is not designed to be complex or abstract, but rather it's intended to be applied immediately producing better overall results. Many confusing concepts such as overbetting, balancing multiple bet-sizing ranges, donk betting, and check-raising as the preflop raiser are crucial to a player's strategy despite few players implementing them or talking about them. And after reading this book, you should be able to not only conceptually understand these ideas, but also know how to begin incorporating them into your game, and thereby successfully compete against tough opponents.

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 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.

Poker demands many skills and strategies. To be successful, you must be able to master all of them and then apply them at the appropriate times. They include proper hand selection, appropriate aggression, bluffing, semi-bluffing, understanding tells and telegraphs, choosing the right games, and reading hands. These skills do not come easily since they require unnatural actions. You cannot win just by "doing what comes naturally." This book does not provide strategic advice; you should get it from other *Two Plus Two* books. Dr. Schoonmaker is concerned only with the way that psychological factors affect your own and your opponents' ability to play properly.

Using the latest techniques from poker players to detect when your patients are lying to you. Forensic psychiatrists frequently deal with deceptive people. In these cases, malingering is the most common type of deception one encounters. However, deception on the part of mental health clients in other treatment settings is much broader and more complex than malingering, and learning the signs of deception can be useful for therapists in any specialty, especially those who do not necessarily take what their clients tell them at face value. The book begins with an introduction to some basic concepts concerning deception, with particular emphasis on "what it is" and "what it isn't." It then looks at the motivations behind and methods of deception in mental health practice, as well as the common contexts in which deception occurs. Finally, with an eye toward the detection of deception, the book looks at the game of poker as a "clinical case study" to explore whether the popular notion of "tells" has any relevance to the practice of mental health treatment. This short and uniquely illustrated guide will help mental health professionals determine when, why, and how their clients may lie to them. With some of the analysis based on insights from the world of poker players, readers will learn about methods of deception, reasons why clients deceive them, and the best methods to uncover the truth.

Welcome to the wonderful world of Pot Limit Omaha! With four hole cards instead of two, PLO is a far more nuanced game than No-Limit Hold'em and one that emphatically rewards greater skill. This makes it a very profitable game for serious players – especially when playing at the small stakes where recreational players consistently make expensive preflop and postflop mistakes. *Mastering Small Stakes Pot-Limit Omaha* is a thoroughly comprehensive guide that will give you all the tools you need to gain a huge edge at lower stakes play. Fernando "JNandez" Habegger is a successful high stakes professional player and leading PLO

coach with his own training site at PLOMastermind.com. He has trained hundreds of players to become successful at PLO. In Mastering Small Stakes Pot-Limit Omaha, preflop play is broken down by identifying nine different hand categories and analysing how hands within each of them are handled preflop. Postflop analysis is based around the powerful technique of the Four Pillars of Postflop Play. The combination of these two creates a powerful gameplan that constitutes a fast track route to domination at the lower stakes. Further topics include adjusting to live play, PLO tournaments, building the right improvement habits, dealing with variance, and managing your PLO bankroll.

Poker is a game of many skills, and to become an expert poker player you need to master them all. This includes concepts such as hand selection, position, proper image projection, and reading hands. However, there are many players who have mastered most of these skills yet they still do poorly in the games - at best they are only small winners. And when they step up in limit and challenge the better players, they almost always fail. You see, knowing the concepts is one thing, putting it all together is another. As the text will show, winning poker is a process that requires a lot of thinking as well as a thorough and systematic approach to the game, and that is what this book is about. Topics include "Playing Too Many Hands," "Self-Weighting Cold Calls," "Short-Handed Play: Don't Miss Out," "The Strategic Moment in Hold 'em," "Countering a Good Reader," "A Poker Player in Therapy," and "Thoughts on the Effects of the Poker Literature." Those of you who are serious about your game should find much of this material to be extremely valuable.

The fastest growing format in online poker is without doubt Progressive Knockout tournaments. Online poker rooms like them, recreational poker players love them, yet a lot of serious poker players struggle to get to grips with the way the strategy changes compared to regular MTTs. In PKO Poker Strategy professional poker player Dara O'Kearney has done rigorous study using the latest solver technology to show you the biggest adjustments you need to beat these tournaments. This book fixes your biggest leaks and takes the uncertainty out of PKOs. You will learn: •How to adjust your ranges in a PKO •When to gamble for a big bounty •How to adjust when the payouts and final table are a factor •When you should stick to a more standard strategy •Quick PKO math you can do at the tables Dara O'Kearney is a professional poker player from Ireland, specialising in online tournaments and with a reputation as one of the great teachers of the game. He is the co-author of the best-selling Poker Satellite Strategy, the co-host of the award-winning Chip Race Poker Podcast and is sponsored by Unibet Poker. "Dara's outlook on PKO tournaments is expectedly methodical. Knowing how wide to chase bounties is one of the most important adjustments and this book will equip you with the knowledge to work it out on the fly." - Adam Owen, professional poker player This book uses the most up-to-date poker ICM solvers, however it has been written in a way to make the poker math you need to do at the tables very simple. Every chapter starts from a poker GTO framework but then explains how you should deviate when the players or table dynamics change. It covers major adjustment in PKO play, including a short hand way to decide on calling ranges, the poker game theory behind why you should never late register, post flop play, poker mindset issues unique to PKOs and much more. It has everything a texas hold'em player needs to crush knockout tournaments.

AT THE TABLE, YOU'RE YOUR OWN WORST ENEMY. --Stu Ungar, the world's greatest poker player Do you play hands you should fold? Do you sometimes go too far with hands, hoping to get lucky while knowing that the pot odds don't justify calling? Ever kept playing even when you knew you were off your game because you were losing and wanted to get even? Have you let anger or destructive urges affect the way you play even though you know better? Don't despair! Now, in Your Worst Poker Enemy, psychologist Dr. Alan Schoonmaker shows you how to reap the full benefits of the poker knowledge you already have by helping you to identify and stop psychologically based mistakes. This must-have book also features detailed sections that examine crucial points far beyond the scope of most other poker strategy guides, including: • Using Intuition vs. Logic • Evaluating Yourself and the Opposition • Understanding Unconscious and Emotional Factors • Adjusting to Changes • Handling stress Dr. Schoonmaker will help you to recognize and defeat the often crippling psychological factors that distort your perceptions about yourself, other players, and the game itself and send you on your way to becoming the best poker player you can be! Alan N. Schoonmaker, Ph.D, is the author of the top-selling The Psychology of Poker and is a columnist for Card Player magazine. He received his Ph.D. in Psychology from UC Berkeley and has conducted research and taught at UCLA, Carnegie-Mellon, and Belgium's Catholic University of Louvain. He lives in Las Vegas.

What does it take to be a great poker player? It's no secret that masters of poker think differently than ordinary people. In this truly groundbreaking book, Haseeb Qureshi, retired world-class high stakes poker pro and instructor, takes you on a journey of rediscovering the game of poker from the inside out. He explores the depths of strategy, psychology, and philosophy within poker, and teaches you his uniquely scientific perspective on approaching the game. Whether you've read all the books and want to take your game to the next level, or whether you're an amateur wanting to learn what it's all about, this game-changing book is a must-read. In the words of WPT World Champion David Williams, "Haseeb has written an amazing and ground-breaking book. There's truly nothing else like it. An absolute requirement for anyone serious about poker."

Provides information on common poker tells and gives a mental framework for analyzing and remembering that behavior. Modern Poker Theory is a comprehensive, rigorous guide to the most important aspects of No-Limit Hold'em. It is based around an in-depth examination of what is meant by game theory optimal play (GTO) and how it can be applied at the table. Understanding GTO is fundamental to being able to make accurate poker decisions and being able to exploit players who don't. Modern Poker Theory uses modern poker tools to develop a systematic approach to the analysis of GTO. It organizes the ideas and concepts in an intuitive manner that is totally focused to practical applications. Next time you are at a table some of the players will have studied Modern Poker Theory and some won't. The players who have studied Modern Poker Theory will, without doubt, have a better theoretical and practical understanding of No-Limit Hold'em. They will be the favourites in the game. Make sure you are one of them. Michael Acevedo, one of the world's leading poker theorists, is a game theory expert who is renowned for creating cutting-edge content for the world's leading players. The production of Modern Poker Theory is the culmination of many thousands of hours of his research work with the most advanced poker software tools available. It is poker theory for the 21st century.

Chris Moorman is the most successful online poker tournament player in history. * Leads the industry with more than \$11 million in online cashes * Excels on the tournament circuit with over \$4 million in live cashes * Placed in the top three in online tournaments 651 times to date Many strong poker players have written books explaining their thought processes. However, players at the low- to mid-stakes who want to advance to the highest levels find the leap a daunting one. Chris, through years of hard work, has achieved this advance and now wants to help you do the same. Moorman's Book of Poker has a unique approach. Chris analyzes 80 tournament hand histories played by co-author Byron Jacobs – a typical mid-stakes player. The adoption of a coaching format allows Chris to explain in clear detail exactly what is needed to progress to the next level of expertise.

Poker Math Is Easy to Learn Poker math is a vitally important aspect to No Limit Holdem poker, but it is often overlooked or simply not used because many poker players fear it is too difficult to learn. I'm here to tell you it is not. In fact, fundamental poker math is very easy to learn. More importantly, it can yield you a lot more profits at the poker table. Without using simple math at the poker table, you are simply playing a guessing game. Use Simple Math at the Poker Table and Increase Your Winnings In this book I will teach you how to use simple arithmetic at the poker table to gain a huge skill advantage over your opponents that will allow you to win more and lose less. Poker players that don't use math are simply guessing and you'll learn to no longer guess and know the right mathematical move at the poker table. These simple mathematical concepts I will be teaching you will drastically help improve your poker game and allow you to make the most profitable decisions at the poker. Contents and Overview First you will be introduced to some fundamental overarching poker concepts that apply to poker mathematics. Then we will begin our journey into poker mathematics where you will learn about probabilities and odds, pot odds and implied odds, pot equity, and expected value. You will then learn how to quickly estimate your equity at the poker table using the Rule of 2 & 4. Moreover, you'll learn the steps involved in determining if calling with a drawing hand is profitable or not. We will also cover how to size your bets with the best hand and teach you how often bluffs and hero calls need to work to be profitable. Lastly, we will show you how to perform EV calculations and better understand card combinations. Effectively Understand and Utilize Essential Poker Math Develop a keen understanding of Probability and Odds Learn to quickly calculate Pot Odds & Implied Odds at the poker table Effectively use Pot Equity & The Rule of 2 & 4 to Determine the correct poker play Understand how to use Expected Value (EV) both on and off the table to analyze your plays Learn the important math behind Bluffs & Hero Calls to give you a skill advantage over your opponent Learn Card Combinations to further enhance your card reading abilities And Many More Amazing Topics... What You Will Get out of This Book Suitable for both beginning and experienced poker players alike you'll learn many essential fundamental poker mathematical concepts that will help you drastically improve your poker game. After reading this book, you will have mastered fundamental No Limit Holdem mathematics. You will have gained a huge skill advantage over your opponents and you will be able to quickly and effectively use math at the poker table to make are always the most profitable move. Most importantly, you will become a much better and profitable poker player! So what are you waiting for? Purchase this book today to start learning how to advance your poker game with simple poker math!

This book constitutes the refereed proceedings of the 9th IMA International Conference on Cryptography and Coding, held in Cirencester, UK in December 2003. The 25 revised full papers presented together with 4 invited contributions were carefully reviewed and selected from 49 submissions. The papers are organized in topical sections on coding and applications, applications of coding in cryptography, cryptography, cryptanalysis, network security and protocols. In this groundbreaking book, Taylor and Hilger lay bare the secrets of the Poker Mindset: seven core attitudes and concepts that ensure you have the optimal emotional, psychological, and behavioral framework for playing superior poker. The Poker Mindset deeply explores vital topics that most poker books only touch upon: - Tilt: What it really is, why and when you are most prone to it, and how you can avoid it.- Bankroll: A complete examination of bankroll management from a technical, but more importantly, from a psychological and emotional viewpoint.- Opponents: How to determine your competitors' mental and emotional processes so that you can dominate, out think and outplay them.- Downswings: Every poker player experiences them, but you will truly understand and be armed against low ebbs when they occur.- Bad Beats: The Poker Mindset will enable you to overcome the trauma of bad beats and losing big pots. Poker is a fun game, but it is even more fun when you win. The Poker Mindset may be the most valuable poker book you will ever read. Embrace its concepts and you can overcome the unseen obstacles that are limiting your success at the table.

Beyond statistics, beyond whether to raise, call, or fold, Elements of Poker reveals a new world of profitability for your bankroll and your life. You know tilt costs you money, but do you know how to make it go away? You know position is important, but do you know how to cash in that knowledge? Elements of Poker will teach you all of this and much more. Published in 2007, Elements of poker has been extremely well-received by the poker community for its fresh perspective, grand scope, humor, insight, and tilt reduction teachings. Tommy Angelo is a top tier poker coach, poker writer, and philosopher. Join professional, winning poker players like Phil Galfond, Ed Miller, Simon Munz, Lee Jones, and David Benefield in reading the book that Jay Rosenkrantz calls the best poker book ever.

Excelling at No-Limit Hold'em is a sensation in poker publishing. Renowned poker professional and author Jonathan Little brings together 17 of the greatest no-limit experts in the world to discuss all aspects of the game. These experts include superstars such as Phil Hellmuth, Chris MoneyMaker, Mike Sexton and Jared Tendler. In Part 1 strategies are analysed for topics such as understanding the fundamentals, satellite play, lower-buy in events, analysing tells and moving up in stakes Part 2 sees a thorough technical breakdown of the game including sections on range analysis, game theory optimal play, short stack strategies, value betting and final table play. As any serious poker will confirm, the technical side is only half the battle and so Part 3 deals with mental toughness, psychology and understanding tilt. Excelling at No-Limit Hold'em provides all the tools that an aspiring player needs to understand no-limit hold'em. It is a must buy for anyone who is serious about wanting to improve their poker.

James 'SplitSuit' Sweeney is a highly respected poker coach in the online poker community and have coached hundreds of students. His brain child, Dynamic Full Ring Poker, is very well-received in the community and is universally lauded as the go-to poker book for groundbreaking strategies. YOU WILL LEARN: - How to correctly run monster bluffs ... SECRETS REVEALED on page 277! - How to hand read

better by following CardRunners coach James "SplitSuit" Sweeney's hand reading tactics ... See page 110 - How to estimate your opponents' hand ranges in a few seconds ... Go to page 107 - How to exploit your opponents and their likely holdings ... SECRETS REVEALED on page 179 - How to profitably c-bet, lead, raise, float, double-barrel, check-raise ... Read page 125 - How to profile your opponent in a few seconds ... Go to page 22 - How to 3-bet and 4-bet like a huge winner ... SECRETS REVEALED on page 57! - How to interpret board textures ... See page 315 - How to use pot geometry and stack-to-pot ratios (SPR) to CRUSH your opponents' strategies and bankrolls ... SECRETS REVEALED on page 109! And that's just the tip of the iceberg. There are more than 100 advanced tactics covered, all proven to work under the Las Vegas bright lights, the New York underground games, the internet, the college dorms, the kitchen home games, and much more. You don't need advanced math or a high IQ to crush poker. You need the right strategies and that's exactly what Dynamic Full Ring Poker delivers. Order today. Our winning circle awaits you!

No matter what sport you enjoy or what level you play, you have the potential for a peak performance--and realizing that potential is the goal of everyone who makes athletics part of their lives. And while you can benefit from the advice of tennis and golf pros, marathon runners, and skiing instructors, the edge you seek to maximize your performance isn't in your stroke, your pace, or your posture--it's in your mind. Kenneth Baum describes the program he uses to sharpen and maximize the sports performances of thousands of professional and amateur athletes across the country: * Power Talk * Proper Visualization and Perception Stretchers * Performance Cues * Identifying and Conquering Obstacles * A Commitment to Consistent and Resilient Action Your mind is your most valuable piece of equipment, your strongest muscle--and your best shot at peak performance for life

Make your own luck with proven poker strategies to up your game Looking for ways to consistently improve your poker prowess? The Poker Mind is your go-to guide for gaining a deeper understanding of the complex world of poker through mindful insights and simple techniques. Begin your journey toward harnessing your psychological poker powers by developing your fundamentals and thought process. Figure out how to put that process to use, and learn how to build and maintain your confidence. From creating your table image and reading the room to spotting tells in other players, The Poker Mind provides real-world situations, exposed secrets, and practical explanations to up your card-playing skills. The Poker Mind includes key aspects like: 5 Fundamentals--Discover the basic essentials for developing your poker mind: How Learning Happens, Emotional Development, Examining Your Self-Discipline, Improving Your Decision-Making, and Visualizing Goals. Insightful illustrations--Helpful infographics demonstrate talking points that allow for quicker comprehension of strategies. Poker slang--A beneficial glossary defines card-playing terms like Bad Beat, Auto Muck, Big Blind, and others so you can talk the talk. Gain a deeper understanding of poker with The Poker Mind.

One of the most highly regarded poker books to come out in the last decade is now even better than before. The expanded and revised second edition of Kill Everyone, by Aussie Millions champ Lee Nelson (with Steve Heston and Tyson Streib), now includes hand illustrations throughout the book—and even more enticing for poker players—commentary throughout the book by internet-poker and European playing sensation Bertrand "Elky" Grospellier, World Poker Tour's 2009 Poker Player of the Year. Kill Everyone begins where Kill Phil left off. Its perfect blend of real-time experience, poker math, and computational horsepower combine to create new concepts and advanced strategies never before seen in print for multi-table tournaments, Sit-n-Gos, and satellites. It also explains how to choose the right strategy for the right game, provides the proper tactics, and introduces new weapons into a tournament-poker-player's arsenal. This book is for anyone serious about playing tournament poker, both live and online. And for cash-game players, a bonus chapter, penned by online cash-game ace and 2007 WSOP bracelet winner Mark Vos, helps you develop your short-handed no-limit hold 'em cash game.

What Makes Winners Win? Every serious poker player knows there's a big difference between playing well and winning: Winners successfully master specific attitudes and habits. What Do I Need To Win? It's right in your hands. Poker guru Dr. Alan N. Schoonmaker explains the key skills that enable winners to bring in the money. With his expert guidance you can master them, too. You'll learn to: • Manage risk and information • Develop better discipline • Improve your decision-making processes • Focus on the right issues • Choose the information you give others • Control your reactions to feelings • Act decisively By mastering the behaviors and skills that Schoonmaker teaches, you'll be able to play more confidently--and win more often. Alan N. Schoonmaker, Ph.D, is the author of Your Worst Poker Enemy, Your Best Poker Friend, and the top-selling The Psychology of Poker; he is also a columnist for Card Player magazine. He received his Ph.D. in psychology from UC Berkeley, and has conducted research and taught at UCLA, Carnegie-Mellon, and Belgium's Catholic University of Louvain. He lives in Las Vegas.

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.

Poker star Dusty Schmidt presents his first book [–] one that stands to shake up poker in the same way Moneyball did for baseball. Schmidt offers an inspiring look at how in just five years, he went from not knowing a thing about poker to netting a seven-figure annual income. Far from a mathematical or technological genius, Schmidt says what guides him through is a fundamental understanding of business. Treat Your Poker Like A Business provides a foundation upon which all poker will be evaluated in the future, and will help an entire generation of poker players evolve their games into empires. A consummate "grinder," Dusty Schmidt has played nearly 7 million hands of online poker over more than 10,000 hours during his five-year career. He's won over \$3 million during that period, and has never experienced a losing month. In 2007, he achieved Poker Stars' SuperNova Elite status in just eight months while playing high-stakes cash games exclusively. Schmidt posted the world's highest win rate in both 5/10 NL and 10/20 NL in both 2007 and 2008. In a four-month period between Nov. 2007 and Feb. 2008, Schmidt won in excess of \$600,000 in high-stakes cash games. He is now a highly respected instructor at Stoxpoker.com, and plays as high as 25/50 NL. As a young man, Schmidt was a top-ranked golfer. He broke two of Tiger Woods' junior records, and was the leading money winner on the Golden States Tour when, at age 23, he suffered a career-ending heart attack. Schmidt returned to golf in 2009, winning medalist honors in qualifying for the Oregon Amateur Championship. Later that year, Schmidt famously represented himself in federal court in his suit against the United States Golf Association, which controversially stripped him of his amateur status, in part due to his poker profession. Schmidt is now a volunteer assistant coach for the University of Oregon's men's golf team, working under his good friend, Head Coach Casey Martin. Schmidt is also a successful entrepreneur. He is part-owner of Stoxpoker.com and Imagine Media, and the creator of 10thGreen.com, the first social network for golfers. His story has been featured in Sports Illustrated, Card Player, Poker News, Golf Magazine, Fairways and Greens, Golf Week, Golf World and the Portland Oregonian, as well as on ESPN, cnn.com, wallstreetjournal.com, forbes.com, fortune.com, espn.com, golfdigest.com and golf.com, among many others. He recently founded the House of

