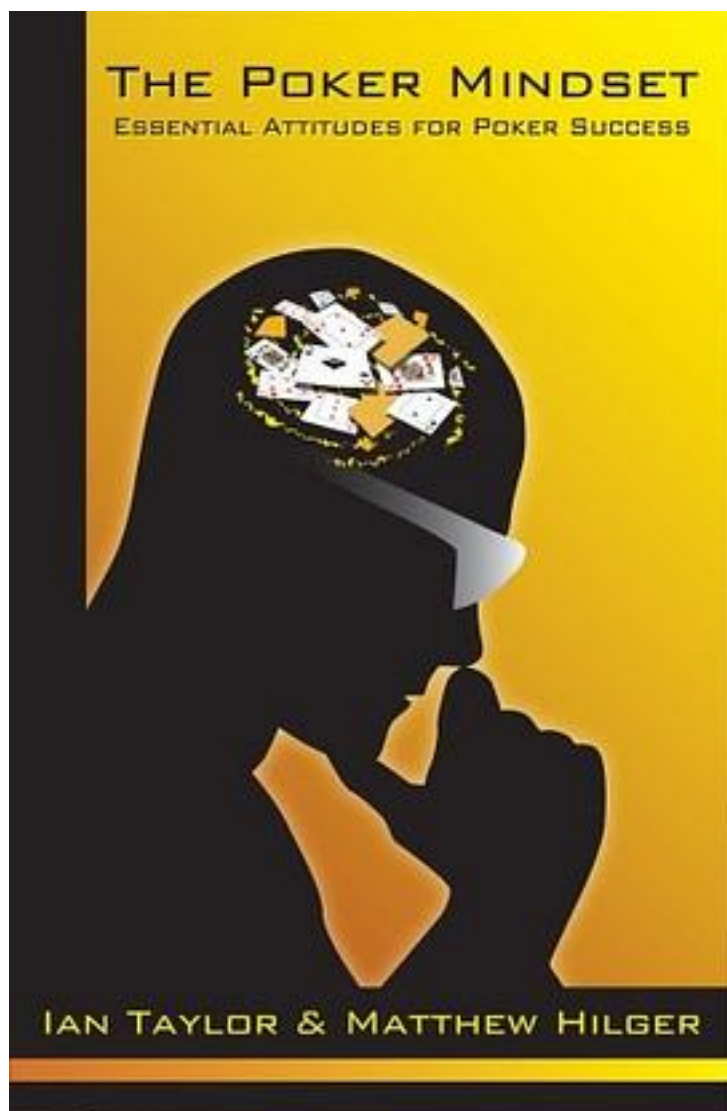


The Poker Mindset



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What "secret" separates top poker players from poker wannabes?

Is it zen-like mind-reading skills, a computer-like brain or thousands of hours of play? No. It is a series of established approaches and behaviors that enables these experts to bring their "A" game to the table session after session, regardless of short-term results.

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.

When you make the Poker Mindset your mindset, you will take control of your game and walk away a winner

作者介绍:

About Matthew Hilger

Matthew Hilger's interest in professional poker is three-fold: playing, writing, and managing poker content websites. His first two books, Internet Texas Hold'em and Texas Hold'em Odds and Probabilities, became best-selling poker books around the world.

Matthew received his bachelor's degree in Finance from the University of Georgia in 1989. He completed a master's degree in Finance at Georgia State University in 1991 as well as a master's degree in International Business from Thunderbird in 1996. Prior to embarking on a poker career, Matthew worked in various accounting, finance, and consulting positions.

Matthew cashed eight times at the World Series of Poker between 2004 and 2006, including one final table and a 33rd place finish in the main event. He also won the 2002 New Zealand Poker Championship.

About Ian Taylor

Ian Taylor is a professional poker player and writer. His articles have appeared in a number of websites and publications, mainly focusing on poker psychology, variance, and emotional control. You can find Ian posting on a regular basis in the Forum discussion group at InternetTexasHoldem.com.

Ian received a degree in economics from the University of Warwick in 1999, completing a thesis on risk tolerance and gambling. He worked in the IT sector for a number of years before embarking on a professional poker career.

目录:

[The Poker Mindset_下载链接1](#)

标签

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评论

[The Poker Mindset_下载链接1](#)

书评

[The Poker Mindset_下载链接1](#)