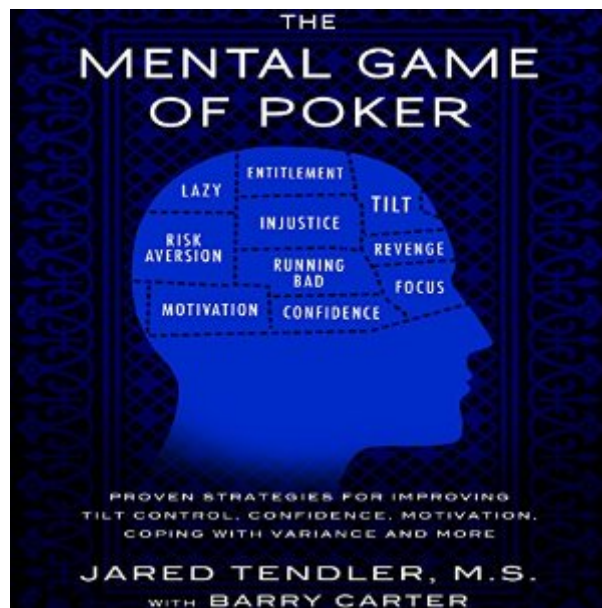


The book was found

# The Mental Game Of Poker: Proven Strategies For Improving Tilt Control, Confidence, Motivation, Coping With Variance, And More



## Synopsis

The mental game may be more important in poker than in any other form of competition. It's one of the only games in the world where you can play perfectly and lose - again and again. Hundreds of poker players have turned to mental game coach Jared Tendler's revolutionary approach to help them play their best, no matter how badly they're running. In this audiobook you'll find simple, step-by-step instructions and proven techniques to permanently fix problems such as tilt, handling variance, emotional control, confidence, fear, and motivation. With the games getting tougher, now is the time to take these problems head on. Discover the most definitive work on tilt ever released. Read stories from eight players who made major improvements using Jared's techniques. Get motivated with methods used by SuperNova Elites.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 45 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Jared Tendler, LLC

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Best Sellers Rank: #15 in Books > Humor & Entertainment > Puzzles & Games > Gambling #17 in Books > Humor & Entertainment > Puzzles & Games > Poker #22 in Books > Audible Audiobooks > Arts & Entertainment > Games

## Customer Reviews

Review is for both TMGP 1 & 2 as I believe they go hand in hand, and add a great deal more value as a set, than individually. VALUE I bought the kindle version/audiobook combo of both books for a total of under \$30. To put this in perspective, look at what Jared Tendler charges for coaching sessions by the hour. You are getting his complete educational framework for the mental game at a fraction of his hourly rate. I say that not at all to disparage the value of his coaching, as when you get to a high enough level of play, coaching is absolutely VITAL to incrementally increasing your performance and keeping your game consistent. Point being, the content of both books is worth many times the small investment you pay for them. CONTENT AND APPLICABILITY I became interested in poker through my interest in trading equities/commodities. I study the game because of

the many skill sets required by trading, that are also crucial in poker. These two books excel at strategies in sports psychology, not at all just poker. Are they written for poker players? Yes, but I had no trouble at all translating the strategies and processes in my head into useful mental strategies for trading as well. Jared, along with his co-authors has put together a unique series in every respect. I have read several "performance psychology" books in the past that simply served as teasers for the author's coaching services.

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The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently  
Poker Math: Simple and Basic Poker Math to Help You Crush the Competition, Pile Up Money and Feel Like a Professional Poker Player  
Wayne Dyer: 30 Life Changing Lessons From Wayne Dyer: (Wayne Dyer, Wayne Dyer books, Wayne Dyer Ebooks, Dr Wayne Dyer, Motivation) ((Motivation And Personality, ... Books For Women, Wayne Dyer Audiobooks))  
Positive Poker: A Modern Psychological Approach to Mastering Your Mental Game  
Poker Edge: Master the Mental Game with NLP (Neuro-Linguistic Programming)  
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