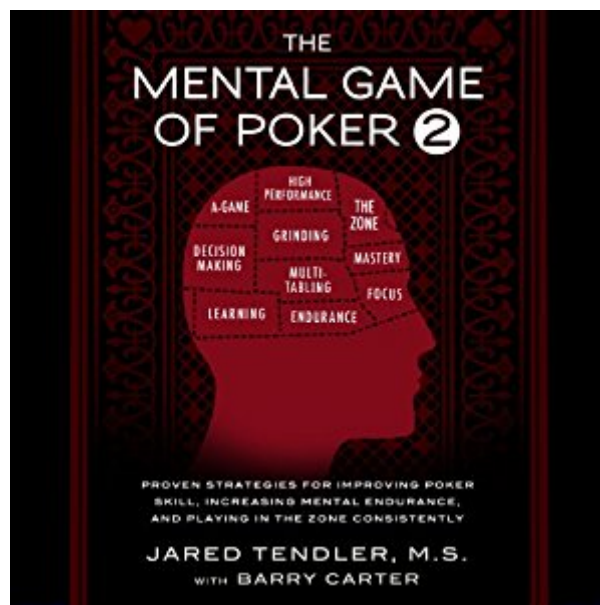


The book was found

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



Synopsis

Imagine how dominant you would be if you consistently played poker in the zone. You make all the right decisions, know 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 it back. 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. Above all, Tendler's straightforward, client-tested approach will have you playing at higher levels than you ever thought possible. This book provides proven strategies to:

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

Poker is constantly evolving and is as cutthroat as ever. Whether you're at the top of the game or just starting out, you should be looking for new and better ways to keep up and outpace your opponents. *The Mental Game of Poker 2* arms you with the tools to thrive in today's increasingly competitive environment.

Book Information

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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. VALUEI 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. They would start off "This is what this book can do for you", introduce a concept, and right before getting to the actual drill down of the strategy/process, they would end off with "For more information on this strategy and how it applies to your unique situation, please contact the author to inquire about coaching etc.". Infuriating! These books do NOT do that at all. Look at the table of contents via the "Look Inside" feature for both books. Those concepts and strategies listed are each respectively dissected and broken down when you read the sections in full. You go from the concept/strategy, to the framework, to the application, to the actual grunt work necessary to successfully implement. Many of the concepts are rounded out and demonstrated with anecdotes from actual professionals who successfully implemented the concepts into their play. The other aspect of these books that I absolutely loved was the fact that neither of them are shy in stating how much work and hours of practice are required to master the mental game, as well as how the game of poker is never really mastered, in that even at the highest levels of play, the top players consistently put in an inhuman amount of time into staying ahead of the curve. There is no "magic bullet" aspect to these books, and that gives me a great deal more comfort in actually applying the strategies. Almost every concept introduced in these books comes along with practice suggestions, and actual strategies to most effectively and efficiently introduce them into your game. The parts of book 2 that deal with learning/deep practice and how it relates to poker are worth way more than I paid for both books/audiobooks. Jared and his co-authors actually teach strategies in how best to learn poker (Including variations as not everyone learns the same way), which I found to be useful, especially for trading and how to approach the information overload that we all face in learning almost any skill. In addition, the mental/learning strategies the

book introduces are not the type trending practices that will be outdated anytime soon. These strategies, and the depth used to communicate them ensure they will prove to be central elements of the serious player's mental game, should they apply them properly going forward. CONCLUSION I will be spending a great deal more time studying these volumes in detail, working through the strategies, applying them, and refining my trading predominantly. As I ease into the game of poker, I will be using the many worksheets, checklists and processes introduced in these books, without a doubt, as the initial plunge is always the hardest. I would have paid more than double for the information in these volumes and cannot offer a higher recommendation of them. Trader or poker player, if you work through these volumes and invest the time into the concepts/strategies, there is no question you will develop your game and profit.

Can help in your poker and in your life.

There are books that seems are written just because their authors wanted to publish something, not because they actually had any real value to share. This is not one of them. It's as good as it gets. You get real thing - that's providing you are serious, and willing to put some hard work in. Takes very nicely from where 1st book left off and goes from there (while it says you can read it without reading 1st book first, I don't recommend it).

I don't post reviews for books often but I had to do that for this book. it has been the best poker book I've read in the last several years. I play poker semi-professionally and this book gave me insights that can truly take my game to the next level. if you are playing poker and have been stuck at the same level for a while or want to read book that can help you dramatically improve your game then this is the book for you.

I liked everything about the book. The thing you need to consider before you buy it, is if you like self-improvement? If you think it is not interesting or you don't need it because you think you know yourself already to a great extend, then don't bother buying it. I am not going to argue these things but if you want to truly work on yourself you need to work for it.

Excellent helpful book.

By far the best set of poker books I've read. Really helped give direction on a part of the game that I

really never thought about the importance of. Once I read, and put this book to practice, by success at poker started to advance at a very fast rate.

There is more than just knowing how to play the game. This book along with its predecessor, is not an option if you are willing to do the work that it takes.

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The Mental Game of Poker: Proven Strategies for Improving Tilt Control, Confidence, Motivation, Coping with Variance, and More
How to become a consistently profitable forex trader: Revealed!
The Easy Trading Strategies, Forex, Forex trading for a living, Forex trading price action, trading psychology, trading in the zone
Mastering Small Stakes No-Limit Hold'em: Strategies to consistently beat small stakes poker tournaments and cash games
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(includes 75 recipes and a 2 week meal plan) (Antioxidants & Phytochemicals, Macrobiotics) Own the Zone: Executing and Attacking Zone Defenses

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