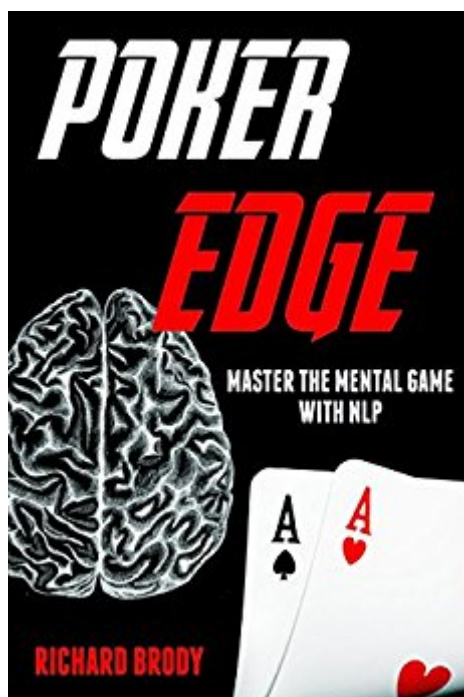


The book was found

Poker Edge: Master The Mental Game With NLP (Neuro-Linguistic Programming)



Synopsis

Make Your Psychology Work for Your GamePoker Edge gives you the 7 most effective tools from NLP to master your mental game. You will be able to handle tilt, generate motivation, and stop self-sabotage FAST. Key NLP Techniques Foundation Anchor - access good feelings whenever you like. Fast Tilt Dissolve - handle tilt in minutes. Reset Sequence - say good bye to your past conditioning and self-sabotage. Motivation Programming - find motivation to play as much poker as you would like. Key NLP Maps Feedback Map - do you still play within the success/failure or the gain/loss dichotomy? There is a more effective way. Flow Map - what is the best motivator? What will sustain your game when the going gets tough? How can your poker feel great? Intention Map - how can you meet your needs in good ways? how can you care for yourself so that you flourish? How would you feel if you could:-> play the same when you are losing as when you are winning-> handle tilt quickly, in minutes-> find daily motivation to play your best game-> change the feeling of "grind"™ into flow and enjoyment-> enter your zone at will NLP will not give you new magical powers, but it will help you to discover and use abilities you did not know you had. The Achilles™ Heel of most poker players is not the technical aspect of the game. It is their psychology. For example, virtually nobody plays the same when they are losing as when they are winning. What an edge if you could play the same way regardless. Similarly, it will add to your bottom line if you can process tilt in minutes, as opposed to steaming for the next hour. The materials are divided into two parts. The first part ("NLP Techniques"™) will give you tools to create the experiences you want. The second part ("NLP Maps"™) will teach you to create new and better mental "maps"™ for poker success. Whether you play cash games or tournaments, hold'em or omaha, these techniques will help you to meet your goals.

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Customer Reviews

I started to use some of the things in this book at work and right now it is working well I can't wait to try it at the poker table we will see how it works there.

Some very good ideas in this Poker Book

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