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

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Description:

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 book 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.

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