



Mastering Trading Stress: Strategies for Maximizing Performance (Wiley Trading)

Ari Kiev

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In *Mastering Trading Stress*, author Ari Kiev—a psychiatrist who specializes in stress management and works extensively with traders—offers examples, transcripts of conversations, and personality profiles of real-life traders to illustrate how stress affects their ability to perform at their best. Drawing on his vast experience, Kiev describes a variety of practical techniques that can be used to handle destructive emotions and out-of-control feelings, including his “Most Basic” stress busters, and tells what to do if a breakdown should occur.

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