



# Mind Power: Thought Techniques for High-Powered Trading

*By Ruth Barrons Roosevelt*

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Each of these essays was a biweekly column submitted and published at traderspress.com. As I considered and wrote each of these columns, I applied the concepts to my own trading and living. I found the results to be cumulative and powerful.

Since I had experienced success utilizing the ideas, I offered them to my trading clients to expand their professionalism as winning traders. I was gratified to observe their empowering results.

The human mind is a powerful engine for success—or failure. How you run your mental machinery is crucial to trading and investing profitability. Take each of these steps and explorations one at a time. Take them seriously, and see what you can do with them.

Remember, however, that strong ideas only deliver when fully absorbed and turned into action.

-Ruth Barrons Roosevelt

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### **Bibliography**

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