FM

Contents

Foreword	vi
Preface	i
Acknowledgments	X
Diclaimer	xii
INTRODUCTION This is My Money Magazement System	ı 1
PART ONE Psychology of Risk Control	7
CHAPTER 1 It Just Ain't Sexy!	9
CHAPTER 2 Confidence in Your Plan	15
CHAPTER 3 Yin and Yang	2 3
CHAPTER 4 Kisk Psychology and The Trader's Mindse	et 31
PART TWO Stop-Loss Exits	37
CHAPTER 5 Not Every Trade Will be a Winner	39
CHAPTER 6 Entry Rules and Your Trading System	45
CHAPTER 7 Stop-Loss Exit Rules	55
CHAPTER 8 Scaling Out and Scaling In	65

FM

PART THREE	Trade Size Does Matter	7 3
CHAPTER 9	Using Risk-of-Ruin Tables and the Optimal f Formula	7 5
CHAPTER 10	Using the Two Percent Risk Formula and Proper Trade Size Formula	8 3
PART FOUR	Record Keeping and Profit/Loss Analysis	89
CHAPTER 11	Tracking Profit and Loss Results and More Formulas for Success	91
CHAPTER 12	Using Trade Posting Cards and Leagers	99
PART FIVE	Design Your Own Plan	131
CHAPTER 13	Know Thyself—Your Risk Profile and Discipline Profile	133
CHAPTER 14	Risk Management Rules to Choose From	139
Epilogue		149
APPENDIX A	Getting Started with Your Trade Size Calculator Software	151
APPENDIX 6	The Trader's Assistant Record Keeping System	15 3
APPENDIX C	The Art of Paper Trading	167
APPENDIX D	Resources	17 3
Glossary		179
About the Aut	hor	20 3
Index		205