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- Fellow of the Royal Society for the Promotion of Health
- Member of the National Council of Psychotherapists
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- Member of the International Stress Management Association

Terence Watts

Traders Discipline **Getting the best of it!**

'Traders Discipline' is a state of the art self-hypnosis programme that will allow you to get the very best out of your trading abilities. Be aware, though, that *it is not magic and it cannot do magic!*

It is a programme that will allow you to greatly improve existing trading skills and/or to learn new ones but it cannot turn you into a champion trader overnight if you are just starting out. Nobody and no training system can do that but "Traders Discipline" will most definitely get the very best out of you! Here is how to get the best out of it:

- Listen to the Hypnosis programme last thing at night – it's best if you hear all of it the first time you listen to it but if you drift off to sleep, don't worry.
- Listen to the conscious programme the next morning (you'll notice that it doesn't have music in the background, in the way that the Hypnosis programme does); this will encourage a state of 'conscious cooperation' between your conscious and subconscious. The first time you listen to it, pay full attention and especially notice the parts of the programme that feel especially relevant (this will be different for everybody). There is no need to do anything else; your subconscious will store the information for reinforcement with subsequent hearings.
- Seek to listen to the Hypnosis programme 3 more times in the first week, then 3 times a week after that *for at least 4 weeks*. It doesn't matter whether or not you consciously hear everything that is said.
- Play the conscious programme whenever you wish, always in the background – there is no need to be aware of it all the time. If it fades completely into the background, it will still work perfectly well.

And that's it! Within a very short time, you will notice that you are feeling more confident, able to trade more instinctively and with less emotional response. This will help to maintain a calmer and more logical approach to your work, which will increase over a period of time as the subconscious responds to the conditioning programme.

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