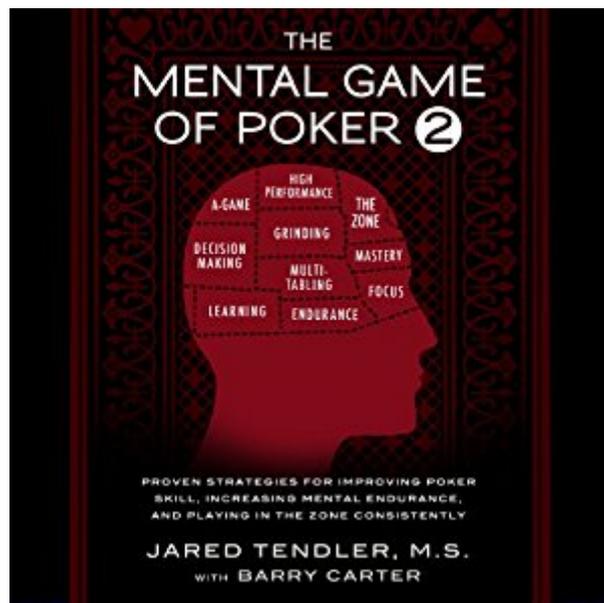


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# The Mental Game Of Poker 2: Proven Strategies For Improving Poker Skill, Increasing Mental Endurance, And Playing In The Zone Consistently



## Synopsis

Imagine how dominant you would be if you consistently played poker in the zone. You make all the right decisions, know instinctively when to bluff, and are unfazed by a losing hand. You're locked in and feel unbeatable. It's shocking how many poker players stumble into this elusive state of mind. As quickly as that euphoric feeling of invincibility arrives, it's gone. And no matter how hard they try, they can't get it back. Until now. In *The Mental Game of Poker 2*, author and renowned poker mental game coach Jared Tendler breaks down the zone and delivers actionable steps to help players get there consistently. He demystifies the zone, and for the first time, brings logic and order to this previously misunderstood concept. Above all, Tendler's straightforward, client-tested approach will have you playing at higher levels than you ever thought possible. This book provides proven strategies to:

- Consistently play in the zone.
- Play poker longer and across more online tables.
- Improve decision making.
- Learn faster.
- Eliminate C-game mistakes.
- Increase focus and discipline.

Poker is constantly evolving and is as cutthroat as ever. Whether you're at the top of the game or just starting out, you should be looking for new and better ways to keep up and outpace your opponents. *The Mental Game of Poker 2* arms you with the tools to thrive in today's increasingly competitive environment.

## Book Information

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## Customer Reviews

Review is for both TMGP 1 & 2 as I believe they go hand in hand, and add a great deal more value as a set, than individually. VALUEI bought the kindle version/audiobook combo of both books for a

total of under \$30. To put this in perspective, look at what Jared Tendler charges for coaching sessions by the hour. You are getting his complete educational framework for the mental game at a fraction of his hourly rate. I say that not at all to disparage the value of his coaching, as when you get to a high enough level of play, coaching is absolutely VITAL to incrementally increasing your performance and keeping your game consistent. Point being, the content of both books is worth many times the small investment you pay for them. CONTENT AND APPLICABILITY I became interested in poker through my interest in trading equities/commodities. I study the game because of the many skill sets required by trading, that are also crucial in poker. These two books excel at strategies in sports psychology, not at all just poker. Are they written for poker players? Yes, but I had no trouble at all translating the strategies and processes in my head into useful mental strategies for trading as well. Jared, along with his co-authors has put together a unique series in every respect. I have read several "performance psychology" books in the past that simply served as teasers for the author's coaching services. They would start off "This is what this book can do for you", introduce a concept, and right before getting to the actual drill down of the strategy/process, they would end off with "For more information on this strategy and how it applies to your unique situation, please contact the author to inquire about coaching etc."

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Poker Math: Simple and Basic Poker Math to Help You Crush the Competition, Pile Up Money and Feel Like a Professional Poker Player  
Workplace Poker: Are You Playing the Game, or Just Getting Played?  
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Poker Edge: Master the Mental Game with NLP (Neuro-Linguistic Programming)  
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