

Your Worst Poker Enemy: Master The Mental Game - Alan N. Schoonmaker

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"AT THE TABLE, YOU'RE YOUR OWN WORST ENEMY." --Stu Ungar, the world's greatest poker player

Do you play hands you should fold? Do you sometimes go too far with hands, hoping to get lucky while knowing that the pot odds don't justify calling? Ever kept playing even when you knew you were off your game because you were losing and wanted to get even? Have you let anger or destructive urges affect the way you play even though you know better? Don't despair! Now, in Your Worst Poker Enemy, psychologist Dr. Alan Schoonmaker shows you how to reap the full benefits of the poker knowledge you already have by helping you to identify and stop psychologically based mistakes. This must-have book also features detailed sections that examine crucial points far beyond the scope of most other poker strategy guides, including: Using Intuition vs. Logic Evaluating Yourself and the Opposition Understanding Unconscious and Emotional Factors Adjusting to Changes Handling stress Dr. Schoonmaker will help you to recognize and defeat the often crippling psychological factors that distort your perceptions about yourself, other players, and the game itself and send you on your way to becoming the best poker player you can be! Alan N. Schoonmaker, Ph.D, is the author of the top-selling The Psychology of Poker and is a columnist for Card Player magazine. He received his Ph.D. in Psychology from UC Berkeley and has conducted research and taught at UCLA, Carnegie-Mellon, and Belgium's Catholic University of Louvain. He lives in Las Vegas. Author: Schoonmaker, Alan N. Publisher: Citadel Illustration: N Language: ENG Title: Your Worst Poker Enemy: Master The Mental Game Pages: 00352 (Encrypted EPUB) On Sale: 2007-05-01 SKU-13/ISBN: 9780818407208 Category: Games : Card Games - Poker Category: Games : Gambling - Table

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