

Positive Poker A Modern Psychological Approach To Mastering Your Mental Game

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Maria Konnikova on Poker, Psychology, and Reason

4 Crucial Concepts from My Favorite Poker Book

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Positive Poker outlines the mental skills that you need to develop if you want raise your game. Positive Poker will help you to: * Optimize your brain for efficient learning * Increase motivation and stay positive *Use psychological skills to increase your win rate *Increase self-control and reduce tilt.

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Positive Poker is an in-depth examination of the psychological aspects of all elements of poker. It is essential reading for anyone who wants to improve their play. It is essential reading for anyone who wants to improve their play.

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Positive Poker: A Modern Psychological Approach to Mastering Your Mental Game June 16 2014 Sarah talks to Dr. Patricia Cardner about her new book with Jonathan Little Positive Poker: A Modern Psychological Approach to Mastering Your Mental Game.

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