

# The Mental Game Of Poker

## Jared Tandler

How to Study PokerPeak Poker PerformanceShut Up and DealTreat Your Poker Like a BusinessDie with ZeroZen and the Art of PokerThe Psychology of PokerA Little LifeHarrington on Hold 'emMoorman's Book of PokerThe Poker MindsetPoker Workbook: Math and PreflopReal Poker PsychologyThe Mental Game of PokerEvery Hand RevealedJonathan Little's Excelling at No-Limit Hold'emPositive PokerRed Chip PokerHold'em Wisdom For All PlayersThe Mental Game Of BaseballInside the Poker MindMaster Micro Stakes PokerYour Worst Poker Enemy: Master The Mental GameThe Mental EdgeReading Poker TellsMental Game VIPThe Mental Game of Poker 2Godfather of PokerEssential Poker Math, Expanded EditionThinking in BetsPainless PokerPeak Performance PokerElements of PokerThe Poker MindThe Mental Game of PokerHow to Be a Poker PlayerPhil Gordon's Little Green BookThe Theory of PokerThe Mental Game of PokerPoker Satellite Strategy

## How to Study Poker

"A startling new philosophy and practical guide to getting the most out of your money-and out of life-for those who value memorable experiences as much as their earnings"--

## Peak Poker Performance

# File Type PDF The Mental Game Of Poker Jared Tendler

ONE OF THE BEST BOOKS OF THE YEAR The New York Times • The Washington Post • The Wall Street Journal • NPR • Vanity Fair • Vogue • Minneapolis Star Tribune • St. Louis Post-Dispatch • The Guardian • O, The Oprah Magazine • Slate • Newsday • BuzzFeed • The Economist • Newsweek • People • Kansas City Star • Shelf Awareness • Time Out New York • Huffington Post • Book Riot • Refinery29 • Bookpage • Publishers Weekly • Kirkus WINNER OF THE KIRKUS PRIZE A MAN BOOKER PRIZE FINALIST A NATIONAL BOOK AWARD FINALIST A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves.

## **Shut Up and Deal**

What does it take to be a great poker player? It's no secret that masters of poker think differently than ordinary people. In this truly groundbreaking book, Haseeb Qureshi, retired world-class high stakes poker pro and instructor, takes you on a journey of rediscovering the game of poker from the inside out. He explores the depths of strategy, psychology, and

## File Type PDF The Mental Game Of Poker Jared Tendler

philosophy within poker, and teaches you his uniquely scientific perspective on approaching the game. Whether you've read all the books and want to take your game to the next level, or whether you're an amateur wanting to learn what it's all about, this game-changing book is a must-read. In the words of WPT World Champion David Williams, "Haseeb has written an amazing and ground-breaking book. There's truly nothing else like it. An absolute requirement for anyone serious about poker."

### **Treat Your Poker Like a Business**

Poker champion turned business consultant Annie Duke teaches you how to get comfortable with uncertainty and make better decisions as a result. In Super Bowl XLIX, Seahawks coach Pete Carroll made one of the most controversial calls in football history: With 26 seconds remaining, and trailing by four at the Patriots' one-yard line, he called for a pass instead of a hand off to his star running back. The pass was intercepted and the Seahawks lost. Critics called it the dumbest play in history. But was the call really that bad? Or did Carroll actually make a great move that was ruined by bad luck? Even the best decision doesn't yield the best outcome every time. There's always an element of luck that you can't control, and there is always information that is hidden from view. So the key to long-term success (and avoiding worrying yourself to death) is to think in bets: How sure am I? What are the possible ways things could turn out? What decision has the highest odds of success? Did I land in the unlucky 10% on the

## File Type PDF The Mental Game Of Poker Jared Tendler

strategy that works 90% of the time? Or is my success attributable to dumb luck rather than great decision making? Annie Duke, a former World Series of Poker champion turned business consultant, draws on examples from business, sports, politics, and (of course) poker to share tools anyone can use to embrace uncertainty and make better decisions. For most people, it's difficult to say "I'm not sure" in a world that values and, even, rewards the appearance of certainty. But professional poker players are comfortable with the fact that great decisions don't always lead to great outcomes and bad decisions don't always lead to bad outcomes. By shifting your thinking from a need for certainty to a goal of accurately assessing what you know and what you don't, you'll be less vulnerable to reactive emotions, knee-jerk biases, and destructive habits in your decision making. You'll become more confident, calm, compassionate and successful in the long run.

### **Die with Zero**

The first - and only - book to apply the strategies and philosophies of Zen to the world's most popular card game.

### **Zen and the Art of Poker**

This book teaches poker players how to study on and off the felt. It contains the techniques I've spent years using to improve my game.

### **The Psychology of Poker**

## File Type PDF The Mental Game Of Poker Jared Tendler

A guide on how to qualify for the biggest tournaments in poker for a fraction of the price from the undisputed King of satellites, Dara O'Kearney.

### **A Little Life**

Provides information on common poker tells and gives a mental framework for analyzing and remembering that behavior.

### **Harrington on Hold 'em**

The Mental Game VIP program goes inside the greatest minds in the game of baseball and will teach you the strategies and philosophies to consistently play your best!

### **Moorman's Book of Poker**

### **The Poker Mindset**

Excelling at No-Limit Hold'em is a sensation in poker publishing. Renowned poker professional and author Jonathan Little brings together 17 of the greatest no-limit experts in the world to discuss all aspects of the game. These experts include superstars such as Phil Hellmuth, Chris MoneyMaker, Mike Sexton and Jared Tendler. In Part 1 strategies are analysed for topics such as understanding the fundamentals, satellite play, lower-buy in events, analysing tells and moving up in stakes Part 2 sees a thorough technical breakdown of the game including sections on range

## File Type PDF The Mental Game Of Poker Jared Tandler

analysis, game theory optimal play, short stack strategies, value betting and final table play. As any serious poker will confirm, the technical side is only half the battle and so Part 3 deals with mental toughness, psychology and understanding tilt. Excelling at No-Limit Hold'em provides all the tools that an aspiring player needs to understand no-limit hold'em. It is a must buy for anyone who is serious about wanting to improve their poker.

### **Poker Workbook: Math and Preflop**

Imagine the edge you would have if you could consistently play poker in the zone. In the zone you make all the right decisions, 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 back there. Until now. In *The Mental Game of Poker 2*, author and renowned poker mental game coach Jared Tandler 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. This book provides proven strategies to:

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

*The Mental Game of Poker 2* expands on the psychological strategies and theories from Tandler's groundbreaking book, *The Mental Game of*

# File Type PDF The Mental Game Of Poker Jared Tendler

Poker, which cracked the code on managing tilt and has helped thousands of players eliminate mental leaks from their games. Like the first book, *The Mental Game of Poker 2* is a must have resource for every poker player who is serious about improving.

## **Real Poker Psychology**

Seven agitated poker players -- each of them reeling in poker pain -- are beamed to the Painless Poker Clinic, where Tommy conducts a two-day seminar on how to play poker, and life, without all the stress and frustration.

## **The Mental Game of Poker**

Mike Sexton once asked Chip Reese, "The guys you play against are tough. What separates you from them?" Chip replied, "You're right Mike. They are tough. In fact, when they play their 'A' game, I'm really no better than they are. The difference is that they also have a 'C' and 'D' game, whereas I don't. They become weak players when they steam and just about all of them do. My edge is that I don't steam." (*Life's a Gamble*, D&B 2016). If you've ever wondered if the psychological aspect of poker is important, that should provide the answer. One of the greatest players of all times is attributing his success to the fact that he has better psychological control over his play than his opponents. The good news is that, actually, there is nothing mysterious about Chip's ability. To do the same you simply have to adhere to specific strategies and guidelines. This book will tell

# File Type PDF The Mental Game Of Poker Jared Tendler

you what they are and explain why they work. These strategies, implemented into your everyday routine, will substantially increase your performance and improve your mental state. Peak Poker Performance will show you how to: Create an unbeatable mindset Pursue excellence during downswings Eliminate procrastination Improve your motivation Master your emotions Plus much, much more Dr. Patricia Cardner has worked with hundreds of poker players, at mid-stakes and high-stakes levels, both through private coaching and online training. With the help of Jonathan Little, Patricia moves on from her first book, 'Positive Poker' and uses the very latest research to take you to the next level so you too can achieve better results on the felt and in life.

## **Every Hand Revealed**

In this groundbreaking book, Taylor and Hilger lay bare the secrets of the Poker Mindset: seven core attitudes and concepts that ensure you have the optimal emotional, psychological, and behavioral framework for playing superior poker. The Poker Mindset deeply explores vital topics that most poker books only touch upon: - Tilt: What it really is, why and when you are most prone to it, and how you can avoid it.- Bankroll: A complete examination of bankroll management from a technical, but more importantly, from a psychological and emotional viewpoint.- Opponents: How to determine your competitors' mental and emotional processes so that you can dominate, out think and outplay them.- Downswings: Every poker player experiences them, but you will

## File Type PDF The Mental Game Of Poker Jared Tendler

truly understand and be armed against low ebbs when they occur.- Bad Beats: The Poker Mindset will enable you to overcome the trauma of bad beats and losing big pots. Poker is a fun game, but it is even more fun when you win. The Poker Mindset may be the most valuable poker book you will ever read. Embrace its concepts and you can overcome the unseen obstacles that are limiting your success at the table.

### **Jonathan Little's Excelling at No-Limit Hold'em**

Poker is a game of many skills, and to become an expert poker player you need to master them all. This includes concepts such as hand selection, position, proper image projection, and reading hands. However, there are many players who have mastered most of these skills yet they still do poorly in the games - at best they are only small winners. And when they step up in limit and challenge the better players, they almost always fail. You see, knowing the concepts is one thing, putting it all together is another. As the text will show, winning poker is a process that requires a lot of thinking as well as a thorough and systematic approach to the game, and that is what this book is about. Topics include "Playing Too Many Hands," "Self-Weighting Cold Calls," "Short-Handed Play: Don't Miss Out," "The Strategic Moment in Hold 'em," "Countering a Good Reader," "A Poker Player in Therapy," and "Thoughts on the Effects of the Poker Literature." Those of you who are serious about your game should find much of this material to

be extremely valuable.

## **Positive Poker**

Poker star Dusty Schmidt presents his first book [—] one that stands to shake up poker in the same way Moneyball did for baseball. Schmidt offers an inspiring look at how in just five years, he went from not knowing a thing about poker to netting a seven-figure annual income. Far from a mathematical or technological genius, Schmidt says what guides him through is a fundamental understanding of business. Treat Your Poker Like A Business provides a foundation upon which all poker will be evaluated in the future, and will help an entire generation of poker players evolve their games into empires. A consummate "grinder," Dusty Schmidt has played nearly 7 million hands of online poker over more than 10,000 hours during his five-year career. He's won over \$3 million during that period, and has never experienced a losing month. In 2007, he achieved Poker Stars' SuperNova Elite status in just eight months while playing high-stakes cash games exclusively. Schmidt posted the world's highest win rate in both 5/10 NL and 10/20 NL in both 2007 and 2008. In a four-month period between Nov. 2007 and Feb. 2008, Schmidt won in excess of \$600,000 in high-stakes cash games. He is now a highly respected instructor at Stoxpoker.com, and plays as high as 25/50 NL. As a young man, Schmidt was a top-ranked golfer. He broke two of Tiger Woods' junior records, and was the leading money winner on the Golden States Tour when, at age 23, he suffered a career-

## File Type PDF The Mental Game Of Poker Jared Tendler

ending heart attack. Schmidt returned to golf in 2009, winning medalist honors in qualifying for the Oregon Amateur Championship. Later that year, Schmidt famously represented himself in federal court in his suit against the United States Golf Association, which controversially stripped him of his amateur status, in part due to his poker profession. Schmidt is now a volunteer assistant coach for the University of Oregon's men's golf team, working under his good friend, Head Coach Casey Martin. Schmidt is also a successful entrepreneur. He is part-owner of Stoxpoker.com and Imagine Media, and the creator of 10thGreen.com, the first social network for golfers. His story has been featured in Sports Illustrated, Card Player, Poker News, Golf Magazine, Fairways and Greens, Golf Week, Golf World and the Portland Oregonian, as well as on ESPN, cnn.com, wallstreetjournal.com, forbes.com, fortune.com, espn.com, golfdigest.com and golf.com, among many others. He recently founded the House of Cards Project, a philanthropic effort to provide food and shelter to disadvantaged families. His life story will be told in the book [→Raise: The Impossibly True Tale of Dusty Schmidt, [→? to be released later in 2010. He lives in Portland, Ore., with his wife, Nicole, and daughter, Lennon.

### **Red Chip Poker**

### **Hold'em Wisdom For All Players**

Phil Gordon plays poker with the best players in the

## File Type PDF The Mental Game Of Poker Jared Tendler

world. He has won -- and lost -- in tournaments and cash games around the globe, all the while studying the game and learning from every hand dealt. As the resident expert and cohost of Celebrity Poker Showdown, Phil has quickly become one of the most sought-after teachers of No Limit Texas Hold'em. It's a tough game. But anyone can become a winning player with the right amount of courage, patience, aggression, observation, and, perhaps most important, dedication to becoming a better player. After fifteen years of keeping notes on the things he's learned, the greats he's played with, and the celebrities he's taught, Phil Gordon has poured every single thing he knows about No Limit Texas Hold'em into this little green book. Taking a page from Harvey Penick's bestselling book of golf wisdom, Phil plays the role of both teacher and student, offering up insightful tips on how to think about poker and how to develop a singular style of play. Through philosophy, psychology, strategy, math, and the knowledge gleaned from playing poker with everyone from T. J. Cloutier and Phil Ivey to Hank Azaria and Ben Affleck, Phil breaks down the game into enlightening instructional tidbits and illustrative anecdotes that inspire the kind of persistence and motivation necessary to improve your game. A book to rank with Doyle Brunson's Super System and David Sklansky's The Theory of Poker, Phil Gordon's Little Green Book deserves a spot on the shelf of every serious student of the game.

## **The Mental Game Of Baseball**

# File Type PDF The Mental Game Of Poker Jared Tendler

This poker workbook has one goal: to help you actually improve between sessions. By learning powerful concepts and drilling through exercises, your ability to calculate accurately and quickly at the tables improves. Your time at the tables shouldn't be spent trying to calculate pot odds of a call or the breakeven-% of your bluffs. Calculations like these should be automatic, giving you extra time and brainpower to find ways to optimize your edge during a hand. Now you can practice the math that underlies all aspects of your poker strategy. Drill through the technical side of your preflop playbook. And start putting a bigger gap between your winrate and the regs in your game. This workbook teaches you the formulas and lays out practice exercises for concepts like: Equity Range Building/Hand Reading Combos & Blockers Pot Odds Implied Odds Breakeven % & Auto-Profit Expected Value (EV) Open-Raising 3Betting & 4Betting Preflop All-Ins By learning these simple formulas and practicing them at your own pace, you'll find poker math getting far easier. You don't need an IQ of 175 to master poker math - you just need some guidance, some shortcuts, and some in-depth training. Complete just a few pages per day, and you'll see serious improvement in the next month. And the best news is that these concepts come into play in every single session, at every single level, and wherever you happen to play poker. So the examples in this book range from live cash games to online tournaments - without bogging you down with confusing variables that will never apply to the poker games you play. The Answer Key Based upon feedback from previous workbooks, there is an included answer key so you can double-check your

## File Type PDF The Mental Game Of Poker Jared Tendler

answers at any point. There is a link on Page #246 so you can download the answer key OR use the online version that will get lifetime updates. This key also includes all of the range strands, making it easy to copy ranges from the workbook and paste them directly into your poker software. Is This Workbook For You? We all have to start somewhere, and no one is born with technical poker knowledge imprinted in their brain. So truthfully answer each of these: Can you look at a range and correctly estimate its %-form and number of combos? If not, then this book is for you. Do you know how often a player would fold if you 3bet or squeezed them? If not, this book is for you. Do you know how many combos of AQ a player can have on AQ4 when you hold AKs? If not, this book is for you. Do you know how much extra money you need to make when you have 15% equity and are getting 3:1 on a turn call? If not, then this book is for you. Do you know how often you can expect both the blinds to fold when you raise from the button? If not, this book is for you. Do you know how much equity AKs has against a range of QQ+/AK? If not, this book is for you. Are you 100% confident in your poker math skills yet? If not, then this book is for you. No more excuses. No more confusion when it comes to the core poker math. And no more reasons for skipping another study session. Pick up the Preflop & Math Poker Workbook and start seeing your strategy the right way. Good luck! The spiral design on the cover/back is purely decoration. Unfortunately, spiralbound printing is not an available option at this time.

## **Inside the Poker Mind**

Provides poker strategies for every phase of tournament play, covering the early phase where the stakes are small to later tactics such as bluffing, flops, scare cards, playing shorthanded, loose games, and endgame play.

## **Master Micro Stakes Poker**

In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

## **Your Worst Poker Enemy: Master The Mental Game**

During the last few years, there has been much new information produced that comes under the heading of poker psychology. The idea is to cover that area of poker which is less strategic but still important to one's overall success at the game, and a new area of mental coaching has appeared. But poker, being a game based on probability that can be very counterintuitive and which also has a large short term luck factor can trick many players into thinking that things are a lot different than they are. Thus, the supposed need for psychological tools to help with one's play. But it turns out that gaining a good understanding of everything poker which includes the strategic concepts that govern expert poker play as well as the counter intuitiveness and the short-term

# File Type PDF The Mental Game Of Poker Jared Tendler

luck factor will usually solve all problems. In *Real Poker Psychology*, mathematician Mason Malmuth who has written numerous books on poker and gambling including *Gambling Theory and Other Topics* and (as a co-author) *Hold 'em Poker for Advanced Players*, takes a fresh look at the psychological side of the game. He approaches the topic of poker psychology from the perspective of a professional player, setting this book apart from some other books in the field and leading to many different conclusions when compared to these other works. Topics covered include Variance, A Mathematical Model of Tilt, Poker is Counterintuitive, Craving Action, The Maniac, 10,000 Hours, Being a Tournament Star, What Your Opponent Thinks, It's Not What You Eat, Visual Cues, Fight or Flight, Apathy, Sucker Privileges, Self-Weighting Hand Histories, Recent Erroneous Concepts, and much more.

## **The Mental Edge**

The story of Doyle Brunson, an American treasure and the greatest poker player of all time, is one for the ages. It's a story of guts and glory, of good luck and bad, of triumph and unspeakable tragedy, of courage and grace. He has survived whippings, gun fights, stabbings, mobsters (the real-life ones portrayed in the movie *Casino*), murderers, and a death sentence when, riddled with incurable cancer, he was given months to live by doctors who told him his hand was played out. A master of the bluff, his most outrageous bluff came after being pistol-whipped and told he's going to die with a gunman pointing a pistol at his

forehead. Again, he lived. Brunson has seen it all: from the athletic dreams and a leg shattered by a freak injury which waylaid his path to the NBA (he was drafted by the Lakers), to the devastating death of his first-born daughter, to outrageous exploits like trying to discover Noah Ark and raise the Titanic. Doyle's rollercoaster of a life defines the saying: Truth is stranger than fiction. Twice a winner of the prestigious World Series of Poker in Las Vegas, he's won millions and lost millions sometimes in seconds but decidedly more of the former than the latter. Brunson can still be found playing in the highest stakes poker games in the world, often with as much as one million dollars in front of him. To every one of the 250 million people worldwide who play poker each year, Doyle Brunson, is the legendary Babe Ruth of Poker the greatest gambler and poker player who has ever lived.

## **Reading Poker Tells**

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

# File Type PDF The Mental Game Of Poker Jared Tendler

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.

## **Mental Game VIP**

Learn to Master 6-Max No Limit Hold'em Micro Stakes Cash Games Are you new to poker or a struggling poker player? Do you want to be a profitable poker player? Do you want to learn how to master the micro stakes? If so, this book is for you. If you're a beginning, losing, break-even, or slightly winning micro stakes cash game player, this book was written for you. This book will teach you everything you need to know to master 6-Max No Limit Hold'em micro stakes cash games and turn nickels, dimes and quarters into hundreds of dollars of profit. Become a Master of Micro Stakes Online Poker In this book you'll learn everything you need to know to crush online

# File Type PDF The Mental Game Of Poker Jared Tendler

micro stakes poker. I'll teach you time-tested strategies for beating the micro stakes through a tight-aggressive approach to beating these games. My goal with this book is to teach you everything that I've learned throughout the years to help turn you into a solid, winning micro stakes poker player. What You'll Get out of This Book This book will teach you to become a solid, winning player, not only at the micro stakes but also at the live low stakes. More importantly, it'll teach you to become a thinking poker player. The common theme of this book is to help you build a solid foundation for long-term poker success. I'll do my best to impart all of the fundamental poker strategies and tactics you'll need to know to master the micro stakes. We'll focus on learning a tight, aggressive approach to the game by using a time-tested, proven strategy that works. Over 140 Carefully Devised Practice & Example Poker Hand Scenarios Free Enrollment into 17.5-Hour Crush Micro Stakes Poker Training Course at MicroGrinder Poker School Contents & Overview We'll start off discussing why people lose at poker, then progress to essential topics where we cover concepts such as the power of position, reasons to bet, understanding equity, and other important concepts. From there we'll jump to the next section, where we talk about our basic game plan and study strategies for beating the micro stakes. After that we'll introduce HUD stats and basic player types. From there, we'll move onto what I consider the meat and potatoes of the book, which are the last 3 sections of the book, where we discuss, pre-flop strategies, essential poker math, and post-flop strategies for mastering the micro stakes. Learn Why People Lose at Poker Master Fundamental Poker

# File Type PDF The Mental Game Of Poker Jared Tendler

Concepts Necessary to Crush the Micro Stakes Learn the Importance of Aggressive Poker, Position, Equity, Expected Value and Much More Understand Essential Poker HUD Stats and Player Types That'll Allow You to Outplay Your Opponents Master Pre-Flop Strategies Necessary to Beat the Micro Stakes Learn the Fundamentals of Raising First in, 3-Betting, Cold-Calling, Set-Mining, Isolation Raising and Much More Master Essential Poker Math All Poker Player Need to Know Understand Post-Flop Fundamentals That'll Allow You to Win More Pots Learn the Secrets to Profitable Post-Flop Play and Continuation Betting Master Post-Flop Play as the Pre-Flop Aggressor and Pre-Flop Caller Learn to Properly Play Limped, 3-Bet and Blind Defense Pots Post-Flop And Much More What Are You Waiting For? Purchase this book today to start improving your poker game! Once you complete this book, you'll be a fierce adversary and feared opponent at the poker table that'll easily crush micro stakes poker games. You'll not only win a lot more money, but you'll also be a much happier poker player!

## **The Mental Game of Poker 2**

Poker demands many skills and strategies. To be successful, you must be able to master all of them and then apply them at the appropriate times. They include proper hand selection, appropriate aggression, bluffing, semi-bluffing, understanding tells and telegraphs, choosing the right games, and reading hands. These skills do not come easily since they require unnatural actions. You cannot win just by

"doing what comes naturally." This book does not provide strategic advice; you should get it from other Two Plus Two books. Dr. Schoonmaker is concerned only with the way that psychological factors affect your own and your opponents' ability to play properly.

## **Godfather of Poker**

Master The Mental Game Of Texas Hold'Em Poker And Learn How To Use Simple And Effective Techniques To Crush Your Opponents In Any Poker Game! If you've always wanted to learn how to master the game of Texas Hold'em poker but don't know how to go about it, then keep reading Are you sick of not being able to dominate your opponents and control the game? Tired of the ego drop that comes with each crushing loss, knowing that you've been outsmarted again? Have you tried to get an edge over your opponents using methods and techniques that don't seem to work for you? Do you want to finally say goodbye to long, losing streaks and discover a toolbox of simple, straightforward techniques and strategies that will help you win a lot more poker games? If yes, then keep reading You see, mastering poker doesn't have to be difficult. And it doesn't have to depend on luck either. In fact, I'll go a step further and say it's easier than you think, but you don't have to believe me. An article in Gaming Law Review has demonstrated why poker is a game of skill and not of luck with similar techniques you're going to find in this guide. What does this mean for you? You can master the ins-and-outs of Texas Hold'em without bleeding yourself dry or feeling as dumb as rocks. Here's a snippet of what

## File Type PDF The Mental Game Of Poker Jared Tendler

you're going to discover in *The Poker Mind: The 6 player types and how you can figure out your opponent's playing style to come out on top* (page 13) *The 1 remarkable tip that could help you X3 your win rate* (page 18) *How to choose the best playing style that helps you dominate* (page 19) *Simple techniques so you can master and use poker math like the pros* (page 21) *Dramatically increase your win rate by learning how to analyze hands and figure out the right time to call* (page 36) *The truth about how to accurately read poker tells* (page 61) *A magic technique that will get your opponents to fold and call when you want them to* (page 73) *An easy way to figure out when to raise or fold* (page 88) and much, much more! Imagine how you're going to feel once you're able to walk into any table with the confidence of a pro at a table full of amateurs. Won't that be great? So even if you're the guy who loses his money every time or you've barely played a game of poker in your life and want to hit the ground running, *The Poker Mind* is a guide that will give you a huge advantage over your opponents. If you have a burning desire to take your poker game to the next level and stack up more cash, then scroll up and click the "add to cart" button now!

### **Essential Poker Math, Expanded Edition**

In 1987, there was legalized poker in Nevada and in one county of California. Author Jesse May was seventeen years old and already hooked. By 1996, poker could be legally played in casinos in over twenty states of the union and five countries in

## File Type PDF The Mental Game Of Poker Jared Tandler

Europe. Legalization changed the face of poker, and as the game came of age, so did May, who by 1989 had dropped out of the University of Chicago after one year due to irreconcilable differences between Tuesday- and Thursday-morning classes and Monday- and Wednesday-night poker games. Based on his experiences in the strange world of poker, May's debut novel *Shut Up and Deal* is the story of a nontraditional '90s slacker, a dropout with an incurable obsession and incredible stamina, who makes a career in a profession where the only goals are to stay in action and to not go broke. In *Shut Up and Deal*, a professional poker player takes readers along on his adventures over several years in and out of casinos and card rooms in locales such as Las Vegas, Atlantic City, and Amsterdam. Told in a catching, likeable voice, this story offers up one rip-roaring poker-table drama after another, with narrator Mickey ultimately finding himself in a spot that jeopardizes his entire bankroll and calls into question his morals, such as they are. In rhythmic, high-octane prose that is as addictive as the game it describes, *Shut Up and Deal* zooms in on the swirling, feverish microcosm of the contemporary poker world from its very first line and never cuts away.

### **Thinking in Bets**

Beyond statistics, beyond whether to raise, call, or fold, *Elements of Poker* reveals a new world of profitability for your bankroll and your life. You know tilt costs you money, but do you know how to make it go away? You know position is important, but do you

## File Type PDF The Mental Game Of Poker Jared Tendler

know how to cash in that knowledge? Elements of Poker will teach you all of this and much more. Published in 2007, Elements of poker has been extremely well-received by the poker community for its fresh perspective, grand scope, humor, insight, and tilt reduction teachings. Tommy Angelo is a top tier poker coach, poker writer, and philosopher. Join professional, winning poker players like Phil Galfond, Ed Miller, Simon Munz, Lee Jones, and David Benefield in reading the book that Jay Rosenkrantz calls the best poker book ever.

### **Painless Poker**

Looks at poker as a competitive endeavor requiring dedicated training and offers tips on mental and physical conditioning to help improve success.

### **Peak Performance Poker**

Gus analyzes the hands that he played during 2007 Aussie Millions poker tournament and reveals his secrets for winning.

### **Elements of Poker**

Expanded Edition Just Released! Expanded, Updated & Greatly Improved New Expanded Edition Includes: More Than 150 Pages of New Material with Greatly Expanded Content and 4 New Chapters Over 75 Carefully Devised Practice and Example Poker Hands That Are Analyzed in Great Detail Free Enrollment into My Essential Poker Math eLearning Online Video

# File Type PDF The Mental Game Of Poker Jared Tendler

Training Course Poker Math Is Easy to Learn Poker math is a vitally important aspect to No Limit Holdem poker, but it's often overlooked or simply not used because many poker players fear it is too difficult to learn. I'm here to tell you it is not. In fact, fundamental poker math is very easy to learn. More importantly, it can yield you a lot more profits at the poker table. Without using simple math at the poker table, you are simply playing a guessing game. Use Simple Math at the Poker Table & Increase Your Winnings In this book I'll teach you how to use simple arithmetic at the poker table to gain a huge skill advantage over your opponents that will allow you to win more and lose less. Poker players that don't use math are simply guessing and you'll learn to no longer guess and know the correct mathematical move at the poker table. These simple mathematical concepts I'll be teaching you will drastically help improve your poker game and allow you to make the most profitable decisions at the poker. Contents & Overview First you'll be introduced to several fundamental overarching poker concepts that apply to poker mathematics. Then we'll begin our journey into poker mathematics where you'll learn about fundamental poker mathematics, including probabilities and odds, pot equity, pot odds, implied odds, the Rule of 2 and 4, expected value (EV) and much more. We'll then embark on a journey of learning about important pre-flop and post-flop poker mathematical concepts, such as pre-flop all-in situations, set-mining, steal attempts, 3-bet bluffing, betting with the best hand, semi-bluffing all-in, bluffs and hero calls. Lastly, you'll learn how to perform basic and intermediate expected value calculations

# File Type PDF The Mental Game Of Poker Jared Tendler

and utilize card combinations, better known as combinatorics. Effectively Understand & Utilize Essential Poker Math Develop a keen understanding of Probability & Odds Learn to quickly calculate Pot Odds & Implied Odds at the poker table Effectively use Pot Equity & The Rule of 2 & 4 to Determine the correct poker play Understand how to use Expected Value (EV) both on & off the table to analyze your plays Understand how to properly Set-Mine, Steal & 3-Bet Bluff with basic mathematics Learn the important math behind Bluffs & Hero Calls to give you a skill advantage over your opponent Learn to utilize EV Calculations to analyze your previous play off the table Learn to leverage Card Combinations to further enhance your card reading abilities & develop balanced ranges What You'll Get out of This Book Suitable for both beginning and experienced poker players alike you'll learn many essential fundamental poker mathematical concepts that'll help you drastically improve your poker game. After reading this book, you'll have mastered fundamental No Limit Holdem mathematics. You'll have gained a huge skill advantage over your opponents and will be able to effectively use math at the poker table to make profitable moves. Most importantly, you'll become a much better and profitable poker player! What are you waiting for? Purchase this book today to start advancing your poker game with simple poker math!

## **The Poker Mind**

Chris Moorman, who plays as Moorman1, is the most successful online poker tournament player in history.

# File Type PDF The Mental Game Of Poker Jared Tendler

no. 1 online player in the world · Leads the industry with more than \$10 million in online cashes · Almost \$4 million live cashes on tournament circuit · Placed in the top three in online tournaments 566 times to date Chris analyses over 100 tournament hand histories played by co-author Byron Jacobs - a typical mid-stakes player. The adoption of a coaching format in these pages allows Chris to explain in clear detail exactly what is needed to advance to the next level of expertise. The key to great play, and where really strong players excel, is hand reading. This concept is emphasized continuously throughout the book, with examples and explanations. Chris, known as Moorman1 online, is the most accomplished online poker player of all-time, becoming the first player ever to achieve the \$10 Million milestone in lifetime online tournament winnings on PocketFives. Moorman has transcended from online poker easily to live poker with huge success as well. To date, he has been ranked in the Global Poker Index Top 10, achieved almost \$4 million in live tournament winnings, while amassing plenty of cashes and final tables along the way. Chris Moorman has been featured on televised final tables many times.

## **The Mental Game of Poker**

The first volume in a series, the book reviews a collection of poker hands played from the button, cutoff, and hijack positions which illustrate concepts to help improve the reader's poker game.

## **How to Be a Poker Player**

## File Type PDF The Mental Game Of Poker Jared Tendler

Offers advice on maximizing sports potential, showing how athletes in any sport can benefit from performance cues, proper visualization, and other mental focusing techniques

### **Phil Gordon's Little Green Book**

Hundreds of poker players have turned to mental game coach Jared Tendler's revolutionary approach to help them play their best, no matter how badly they're running. In this book you'll find simple, step-by-step instructions and proven techniques to permanently fix problems such as tilt, handling variance, emotional control, confidence, fear, and motivation. With the games getting tougher, now is the time to take these problems head on. First Printing. [www.jaredtendlerpoker.com](http://www.jaredtendlerpoker.com). Original.

### **The Theory of Poker**

"Now, for the millions of poker players who know the basics, but do not fully understand the logic and principles of skillful play, here is a serious, comprehensive guide that shows how to think like a professional poker player"--Page 4 of cover.

### **The Mental Game of Poker**

```
table { }td { padding-top: 1px; padding-right: 1px; padding-left: 1px; color: black; font-size: 12pt; font-weight: 400; font-style: normal; text-decoration: none; font-family: Calibri,sans-serif; vertical-align: bottom; border: medium none; white-space: nowrap; }.xl72 {
```

color: windowtext; font-family: "Times New Roman"; }  
For beginning and novice players who want to play and win at Texas hold'em'95% of the card-playing market'this is the perfect antidote. The book is designed for those players who want to learn 'right now' and enjoy instant success at the tables. Fifty quick sections focus on key winning concepts, making learning both easy and fast.

## **Poker Satellite Strategy**

Why are the best poker players actually the best? Every serious poker player wants to be successful and many of them have the right technical skills. However, the truth is that there are key mental factors that separate the big winners from everyone else. Patricia Cardner is a psychology professor, licensed professional counselor and dedicated poker player. She interviewed a select group of professional poker players who share two key characteristics: ALL of them have been successful over many years and ALL of them have lifetime winnings of more than \$1,000,000. Patricia analyzed the results to determine exactly what psychological skills, techniques, and strategies they use. This book is the result of her studies. 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 Patricia is aided in her investigations by the highly successful poker pro Jonathan Little, author of the critically

# File Type PDF The Mental Game Of Poker Jared Tandler

acclaimed series, Secrets of Professional Tournament Poker.

# File Type PDF The Mental Game Of Poker Jared Tandler

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#) [HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)