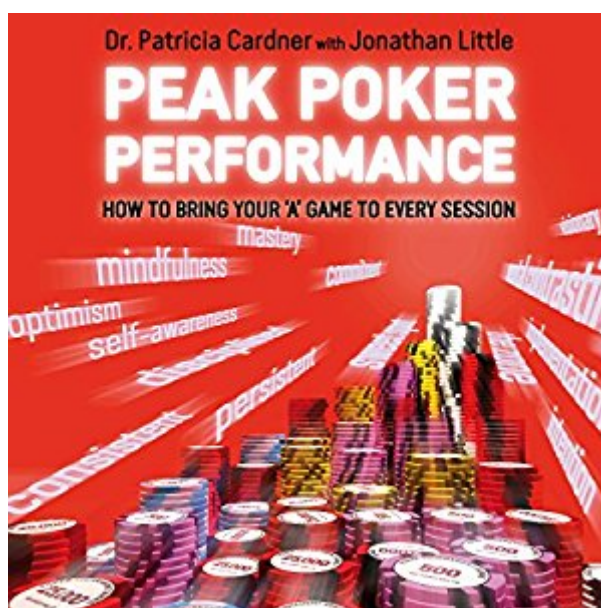


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# Peak Poker Performance: How To Bring Your "A" Game To Every Session



## Synopsis

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." (From *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 there is actually nothing mysterious about Chip's ability. To do the same you simply have to adhere to specific strategies and guidelines. This book will tell 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 mindsetPursue excellence during downswingsEliminate procrastinationImprove your motivationMaster your emotionsPlus 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.

## Book Information

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## Customer Reviews

I really enjoy this book because not only it helps to improve your poker game mentally but it can also practical/relative to your daily life. Warning, if you are a beginner poker player, this book is not for you. There is no hand/situation or how to make play. The book based on scientific approach/data to re-direct you to become a well-disciplined poker player. Information and strategies are easy to follow and implement. How does it work ? Time will tell...

Superb book!

If you're struggling in any way with the mental side of the game, and who isn't struggling in some way, this book is the answer. Dr. Cardner has written a book that I'm sure will be later considered a classic in the genre and indispensable for those players taking the game seriously. One of the best things about the book is that Dr. Cardner includes (via her website) a set of PDF worksheets so that you can work the exercises as you read the book. If you read the book carefully and complete the worksheets diligently, there is no doubt in my mind that you will become a mental game beast!

very informative mindset material

Great information for more than just poker!! loved it.

Dr. Cardner and Jonathan Little reported her excellent research on elite players in Positive Poker. This sequel relates that research to you, me, and other non-elite players: The very first paragraph said: "I wrote this book with one goal in mind: to teach you the psychological tactics and strategies that will show you how to perform at the outer limits of your capabilities more consistently." A little later it says how it will help readers: "The material covered includes specific, clinically proven techniques that will show you how to manage your emotions, optimize your brain, build peak performance habits, and train your mindset for better results." Its first principle is one that most players rarely think about: "Have a Compelling Vision. Even the most motivated poker player can get caught up in daily drama and stresses and forget why they became motivated to play poker in the first place. A compelling vision can act as a catalyst for peak performance. Your why is what's going to help you get from where you are now to where you want to be." Its second principle is: "Create Winning Habits and Systems" just having a compelling vision is only the starting point of the journey to success there are no shortcuts to

success. Disciplined, consistent, and persistent action is the determining factor in the creation of success. The easiest way to get into action regularly is to create systems and habits. I'd like to comment on all its principles, but it would take more words than you feel like reading. So I'll discuss only one more, #7. Understand and Optimize Your Brain. When I earned my doctorate in psychology, we knew very little about the brain. Since then imaging techniques and other new research tools have shown that much of what we thought about the brain was wrong. Since my specialty is far from neurology, I did not now know much about this research. Dr. Cardner wrote, "We thought that the brain was fixed once you reached adulthood. Fortunately, we know now that the brain is plastic: as long as you provide it with the proper inputs, it will continue to grow and develop. If you use the methods outlined in this book, you can expect to improve your performance by a wide margin." Understanding how your brain evolved and why it works the way it does can give you great insights into your actions and reactions. Your brain is either spiraling up and improving and growing or spiraling down and shrinking. Since the brain is your most important tool at the table, I encourage you to pay close attention to it. One of the best things about both books is that they combine the rigor of the only poker writer with two doctorates and the experience of Jonathan Little, one of the world's best players. She reports research on how to set and reach ambitious goals. His comments show that he's already set and reached goals that are far above what most of us can achieve. If you buy it, it will help you to get where you want to go. Full disclosure. I received a free copy of this book and have met with both authors.

I have a poker radio show and read just about all of the poker literature. There's a lot of it, much of it trash. This book is one of a few brilliant exceptions. I think it's fair to say that Patricia Cardner, Dr. Patricia Cardner by the way, has written the best book on the market that addresses the mental game of poker. You won't find any advice about how to play AK under the gun, or what the proper bet sizing is when you have 15 big bets left at the final table of a MTT. But you will find dozens of clearly written, expertly researched, and well organized ideas for how to have a stronger mental game at and away from the poker table. Specifically, Cardner (joined by on going commentary by champion poker player and great author in his own right Jonathan Little) gives you insightful suggestions about how to deal with building confidence, focus, procrastination, coming up with a plan, dealing with tilt, moving on to bigger games, dealing with your own hurdles, and dozens of other necessary ingredients to becoming the player you want to be -- but may not know how to be. There is wonderfully little psychobabble or jargon thrown about. This is just direct, clear, instruction

about how to become a better player by thinking and working better toward that goal. There are also extensive bibliographies after each of the ten chapter showing you where you can go to learn more. One last comment. The book deserves five stars for how it approaches the complicated process of becoming a better poker player. But it really deserves a sixth star as well -- for what it will help you do with your life in general. The poker lessons are all applicable to becoming a complete and satisfied person in whatever you do. So even if you're not looking to master poker for a living, Cardner (with a strong assist from Little) shows you how to master living by becoming a more mindful person.

GREAT BOOK!! Highly recommended!!

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Poker: Everything You Need To Know About Poker From Beginner To Expert (2017 Ultimate Poker Book)  
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Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success  
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