



**>: A Simple Secret to Saving/Making Millions Trading!**

*Tuesday, May 20, 2008 / Chris Rowe*



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 with a MUCH stronger frame  
 Why?

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If you watch a stock trade up to a new high of \$55.00, and then trade down to \$52.00 where you start to feel anxious and like you are going to "miss this one," then take a deep breath, stare that stock right in the eye, and say to yourself, "If I miss it, then I miss it."

Then, if the stock pulls back to something lower, like let's say \$49.00 or \$47.00, then you can buy the stock knowing that you just saved yourself an extra 3-5 points.

Again, this is not a complex exercise here. But if you do it over and over again, then you will become a better trader.

Doing it the first time is easy. Doing it a second time after it worked to your benefit is even easier (anyone can do that). But try to do this after you saw a stock which you wanted to buy at \$52 trade all the way up to \$75.00 within a month! Not so easy.

The trick here is to condition yourself. It's like working out at the gym. You will never show any improvement unless you are doing something that is discomfoting over and over again.

Just because this strategy didn't work in your favor the first 3, 4, 5 or even 6 times, doesn't make it a bad strategy. Think of all of the money that you will save over the next five years for two reasons:

But make no mistake about it. The KEY here is that you do this every time, no matter how many times you "miss" the stock that traded higher from the price that you would have paid for it.

Using the "working out" analogy again, it isn't the first nine times that you lift that weight that counts. It's the 10th time that you lift it. The one that hurts the most, the one that you can barely do. That is the one that will make you stronger.

Here, you will get stronger and stronger each time you experience watching a stock that you held out on trade to the moon. It will hurt, but you will become stronger, and better able to deal with it, and over time, you will not let your past trades affect your next trade, which is probably the most common mistake among traders.

Remember: if you miss buying a stock at \$52.00, and watch it trade to another high of \$75.00, it's human nature to imagine that you owned it and you held onto it all the way to the top. That will further add to the pain of this exercise. No pain no gain.