



**Secrets of Poker Pros, Psychology & Stress Relief  
for Aspiring Poker Players: Features a Primer on  
Psychology and fast stress relief for poker players.  
For both live and online players.**

*Viktor, PokerVanguard.com*

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# **Secrets of Poker Pros, Psychology & Stress Relief for Aspiring Poker Players: Features a Primer on Psychology and fast stress relief for poker players. For both live and online players.**

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Poker Psychology has become mandatory for Poker players today as everyone knows the theory. Stress relief has become essential for Poker Pros as it is highly stressful profession. This book is comprised of my several of my notes while transitioning to an online pro and then to a live pro. In this book I aim to uncover a number of myths that plague poker players and how they can achieve the maximum gains and minimize their losses in losing sessions. I am sure you will find enough in this book that will open your mind to new possibilities in Poker and will improve your game. I understand if you are reading this book still then you want to improve as a poker player. You may either be a losing player who wants to become a winning player. You may also be an average player who is neither winning much nor losing and is break even, I am sure you will be able to get a lot of help and become a winning player. There are going to be winning players too who will be reading this book. Even winning players are going to get helped because they will be reading this book actively, they will be having their theories in their minds and they will be comparing their theories with those given in the book. Just actively reading the book is going to improve the game. The more you think about poker, think about strategies, you are going to improve as a player. It is my belief that you can never ever attain a know it all state in Poker, there is always something that needs work, some leaks are there, some deficiencies are there, you may uncover some over time, but some you may not know because you don't know. You may not uncover some deficiencies until several years later, possibly never. My goal by writing this book is to help you improve, so that you can become better, to share some of my theories with you and eventually improve your game. You might even be a better poker player than me and I might learn a couple of things from you. By writing about Poker I definitely hope to improve my game. I hope you like my efforts and recognize that Poker is a never ending conquest of getting better.

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