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strategies and theories from the foundational book of Jared Tendler, which was the first to talk about the fight against tilt, and thereby, helped many players to eliminate mental leaks from their game.

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The Mental Game of Poker 2: Proven Strategies for ...

He is the author of two highly acclaimed books, The Mental Game of Poker 1 & 2, and host of the popular podcast “The Mental Game.” Jared earned a master’s degree in Counseling Psychology and attained a license as a mental health counselor prior to becoming a mental

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game coach in 2005.

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The Mental Game of Poker 2

The mental game may be more

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important in poker than in any other form of competition. It's one of the only games in the world where you can play perfectly and lose-again and again. 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.

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with the ups and downs of the game is
...

Psychological Habits of Successful Poker Players: Mental ...

Mental poker is the common name for a set of cryptographic problems that concerns playing a fair game over distance without the need for a trusted

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third party. The term is also applied to the theories surrounding these problems and their possible solutions. The name comes from the card game poker which is one of the games to which this kind of problem applies.

Mental poker - Wikipedia

THERE ARE TWO major areas of skill in

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poker: tactics and the mental game. Tactics are where poker players spend most of their time and include things such as odds, strategy, hand analysis, image, and metagame. The mental game is given much less attention, but it's what sharpens, strengthens, and prepares the mind to function at its highest ...

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community, and translated my work from golf to poker. There are a number of pioneers, such as Dr. Alan Schoonmaker, Tommy Angelo, and Matthew Hilger, who solidified the place of psychology in poker. They advanced

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the field and made it far easier for poker players to accept the importance of the mental game.

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