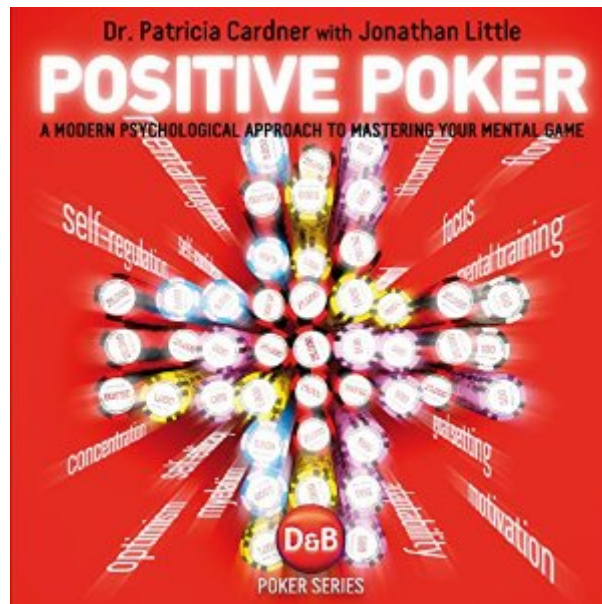


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# Positive Poker: A Modern Psychological Approach To Mastering Your Mental Game



## Synopsis

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 audiobook 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 acclaimed series, Secrets of Professional Tournament Poker.

## Book Information

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## Customer Reviews

For the longest time, I've wanted a good, solid, poker psychology book that's written with the expertise of a psychology background as well as the experience of poker player. At long last, Dr. Patricia Cardner & Jonathan Little deliver just that. Dr. Cardner's psychology background and experience as a poker player give her the benefit of being able to produce a poker psychology book with the key perspectives to give it her all. And that she does! This book is not full of fluff, bogus

mantras, or quack ideas. It's full of resources & tools backed by scientific studies. Something pretty rare for this field & rather refreshing. It's also written in a very conversational tone, which makes it easy to digest. Dr. Cardner has really put together an excellent resource for every serious poker player. I rather enjoyed reading Jonathan Little's commentaries after each chapter, too. He's frank & to the point. Neither of them pulling any punches. This book has been very influential in making important changes to my poker lifestyle and game. Even if you don't apply these tools to your poker game but instead apply it to your day to day life, you will still see changes that would have otherwise been slow in coming, if they came at all. I highly recommend getting your hands on a copy of this book, if you are serious about mastering your mental game!

Having read hundreds of poker books and dozens of psychology and brain science books I am happy to see the melding of these two fields starting to come together in recent years, first with Jared Tendler's Mental Game of Poker series and now with Dr. Patricia Cardner's Positive Poker. Positive Poker had some lofty expectations to meet as Tendler hit a home run with his additions to my poker library, and I'm happy to report that the book did not disappoint. Dr. Cardner knows her stuff, and uses current research and findings to explain what is going on in that head of yours (and your opponents' heads) and details what you need to do to become a better poker player. I would add that Positive Poker isn't some clinical researcher or academic preaching about applying the latest research to a field they don't really understand. Dr. Cardner is obviously a proficient poker player that can talk to poker players as a peer as well as a psychologist, and understands a player's motivations and struggles. Positive Poker covers a wide range of topics, and covers them well, and will likely be cited as the seminal poker mindset book for the foreseeable future, as it is a bit less focused than Jared Tendler's books which are terrific but somewhat more limited in their scope. This is the perfect poker book for anyone who has some experience with the game and takes poker seriously.

Poker players love to discuss hands, study training videos, etc. One of the most overlooked aspects of the game, however, is the mental aspect, and players don't seem to give that enough weight. Positive Poker fills in that gap, and does so quite well. Cardner and Little give a logical and thorough presentation. Dr. Cardner (neat name for a poker player, no?) does the teaching and Little adds his perspective at the end of each chapter. Did I say teaching? That makes it sound like a text book, though this is anything but. Presented in an interesting manner, I breezed right through it. Now, I need to go back and reflect and digest. Cardner isn't just an academic, she's a player, too, and that

makes this book even more relevant. For any player who likes poker books, both for elevating his game and simply for enjoyment, this book is a must to add to his library.

Jonathan Little is one of the few great who can actually teach. Recommend reading or anyone wants to tackle the part of the game that's all about them, Their head.

When this book first appeared, I wrote a very positive editorial review. Now that the sequel has been published, I'd like to say a little more. Dr. Cardner and Jonathan Little are a GREAT writing team. She provides the research skills she learned while earning TWO doctorates, and he provides the skills and perspectives of a great player and teacher. It's a unique combination that has produced a book you don't want to miss. Buy it!

This book is not only good for your poker but good for helping manage your life in general. Great guide for goal setting!!!!

Easy to read! Very good and interesting book!

Really helpful. Lot of things to work on...

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