
The Single Most Important Mindfulness Lesson

<http://www.mindfulnessstrading.com/important-mindfulness-lesson/>

The Free Course contains a series of daily guides to get you started.

You won't be an expert after it but you should start to see how you can use it to improve your trading performance.

Remember that you don't want to be an expert.

That's not your aim. Your objective is to become a better trader and you want to use mindfulness to the extent

But, before you start, there are two things of huge importance.

The first is to prepare.

Don't just launch into trying to learn a skill.

Spend some time on preparing to learn this new skill.

This will help you to commit to learning and to stay with it throughout the course.

Have you downloaded your copy of the Free 15 day Introductory Course on Mindfulness for Traders?
You can get immediate access by

And the second thing ...

Don't go into this looking to see fast results.

That's not the way it works. It will be up to you to make it work.

So, avoid overly assessing how you are doing because that's a way to become judgemental.

In a nutshell, you need to do it, and keep doing it.

There's no better time to start.

So, start now.

And then keep going.