



Chapter 1: Introduction

Golf Sets the Stage

Enter Poker

Client's Story: Dusty "Leatherass" Schmidt

I'm Not a Poker Player

The Problem with Conventional Poker Psychology

Mental Game Fish

Mental Game Strategy

Mental Game Myths

How to Use this Book

Chapter 2: Foundation

The Adult Learning Model

Sidebar: Flaws are Skills

Inchworm

Client's Story: Niman "Samoleus" Kenkre

Two Common Learning Mistakes

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Preparation/Warm-up

Client's Story: Dusty "Leatherass" Schmidt

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Client's Story: Niman "Samoleus" Kenkre

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Sidebar: The Mental Side of Poker Mistakes

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Chapter 5: Tilt

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Client's Story: Liz "RikJamesB1atch" Herrera

What Progress Looks Like and How to Keep it Going

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Client's Story: Matt "mbolt1" Bolt

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Client's Story: Barry Carter

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Client's Story: Jordan "iMsoLucky0" Morgan

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Client's Story: Liz "RikJamesB1atch" Herrera

Losing to Regulars

Client's Story: Mike "Syous" Song

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Conclusion

You Have Not Mastered This Book

Appendix I

Warm-up and Cool-down

Appendix II

Client Questionnaire