

# Mastering the Poker Mindset: Essential Attitudes for Poker Success

Poker is a game of skill and strategy, but it's also a game of psychology. The ability to control your emotions, manage your bankroll, and make sound decisions under pressure can be the difference between winning and losing.



## The Poker Mindset: Essential Attitudes for Poker

**Success** by Matthew Hilger

★★★★☆ 4.4 out of 5

Language : English  
File size : 2218 KB  
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Enhanced typesetting: Enabled  
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Lending : Enabled



In his book *The Poker Mindset: Essential Attitudes For Poker Success*, poker coach and mental game expert Jared Tendler provides a comprehensive guide to the psychological aspects of poker. He covers everything from tilt control to bankroll management, and he offers practical advice on how to develop the mental toughness you need to succeed at the poker table.

## The Importance of Mindset in Poker

Mindset is everything in poker. It's the difference between the player who tilts after losing a big pot and the player who stays calm and collected. It's the difference between the player who gives up after a few bad beats and the player who keeps fighting until the end.

A positive mindset is essential for poker success. It allows you to stay focused, make sound decisions, and manage your emotions. When you have a positive mindset, you're more likely to win at poker.

## **Essential Attitudes for Poker Success**

In *The Poker Mindset*, Tendler identifies eight essential attitudes for poker success:

1. **Self-awareness:** The ability to understand your own thoughts, feelings, and motivations.
2. **Discipline:** The ability to control your impulses and stay focused on your goals.
3. **Resilience:** The ability to bounce back from setbacks and keep moving forward.
4. **Optimism:** The ability to see the positive side of things and believe in yourself.
5. **Patience:** The ability to wait for the right opportunity and not get discouraged when things don't go your way.
6. **Courage:** The ability to take risks and stand up for yourself.
7. **Determination:** The ability to never give up on your goals.
8. **Passion:** The love of the game and the desire to improve.

These eight attitudes are essential for poker success. They will help you to stay focused, make sound decisions, and manage your emotions. When you develop these attitudes, you'll be well on your way to becoming a successful poker player.

## **How to Develop a Winning Mindset**

Developing a winning mindset takes time and effort. It's not something that you can do overnight. But if you're willing to put in the work, it's definitely possible.

Here are a few tips on how to develop a winning mindset:

- **Start by identifying your own strengths and weaknesses.** What are you good at? What do you need to improve on? Once you know your strengths and weaknesses, you can start to develop a plan to improve your game.
- **Set realistic goals for yourself.** Don't try to become a world champion overnight. Start by setting small, achievable goals. As you achieve your goals, you'll build confidence and momentum.
- **Be patient and persistent.** Developing a winning mindset takes time and effort. Don't get discouraged if you don't see results immediately. Keep working hard and eventually you'll reach your goals.

Developing a winning mindset is essential for poker success. If you're willing to put in the work, you can develop the mental toughness you need to succeed at the poker table.

*The Poker Mindset: Essential Attitudes For Poker Success* is a must-read for any poker player who wants to improve their game. Tendler provides a wealth of practical advice on how to develop the mental toughness you need to succeed at the poker table. If you're serious about improving your poker game, I highly recommend reading this book.



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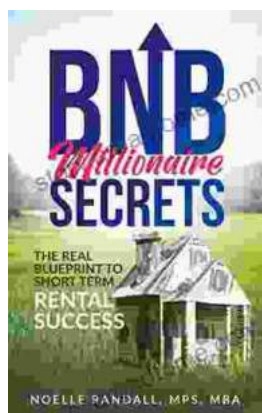
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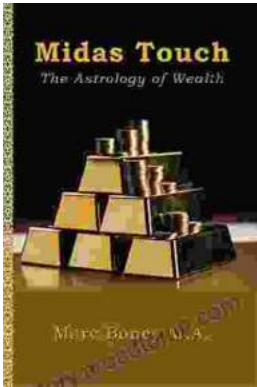
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