
STOP LOSS
CONTROL YOUR MIND,
CONTROL YOUR LOSSES

Welcome to this journey of growth in trading!

This book is designed to help you strengthen your mindset and strategies in the world of trading. If you came across it without purchasing it and, in the end, find value in its contents, please consider making a suggested donation of $25 USD to support this project's. Equally, any contribution is welcome and helps more people access this resource. Additionally, we invite you to share it with others and leave your comments and experiences at www.stoplossbook.com.

¡Thank you for being part of this growing community!

About the Author

I'm a person like you, who entered the fascinating world of crypto-assets with the curiosity to understand something new and the desire to take advantage of its potential.

In addition to exploring this field, I'm a business consultant, expert in consumer psychology, business coach, and Counselor. I have also been leading my own real estate development company for more than 20 years.

You won't find my name anywhere, because my goal is not to seek fame, followers, or give you financial advice. This book stems from a genuine intention to share knowledge that I believe is essential for anyone interested in this world.

My Relationship with the Crypto World

When I started in this fascinating market, I thought it was all about numbers, charts, and strategies. However, I soon realized that the crypto world involves something much deeper: our psychology and how we make decisions.

Like many of you, I also had my moment of glory. I reached numbers I never thought possible, with million-dollar gains from tokens like AXS, SLP, SHIBA, GALA, LINK, among others.

I had a Binance account valued at 7 million dollars, all achieved almost without leveraging futures. However, as we all know, winning streaks don't last forever. What seemed like a dream turned into a nightmare. Little by little, the profits disappeared, and by the end of 2023, my account was completely liquidated.

If you've ever been through something like this, even on a smaller scale, you know how terrible it feels. For me, it was a devastating blow.

As I faced the market's volatility and the emotions it triggers —especially during difficult times— I began to reflect beyond charts and strategies. I realized that a big part of my mistake was not taking profits and then mentally clinging to that ideal of 7 million. That number was etched in my mind, and with less capital, I made desperate decisions to try to recover it: futures, leverage, unnecessary risks. But the truth is, I wasn't mentally prepared to handle those situations, nor to be glued to my smartphone all the time, even when I needed to rest at night.

When I lost everything, I felt shame, anger, and deep sadness. I thought about the experiences I could no longer have and the people I could have helped but now couldn't. But what hurt the most was realizing that, in my drive to earn more, I didn't value what I had already achieved.

Those setbacks, though painful, forced me to stop, rethink my approach, and learn the most important lessons, which I now share with you in this book. Because at the end of the day, beyond the past gains or losses, what truly matters is what we learn about ourselves and how we use that knowledge to prepare for what's next.

Over time, I came to understand that the real challenge isn't just understanding the market but managing ourselves while interacting with it.

This was one of the greatest lessons I learned, and I hope this book helps you discover the same, so you can win more than you lose.

The True Learning

It wasn't a trading strategy that made the difference for me but the development of psychological tools to know myself and control myself in every decision.

I sought answers from different sources, but they were often incomplete or scattered. So, I decided to compile them into something practical and concrete that could help me and my friends. Now, I'm sharing it with you, hoping it will be just as useful to you.

This eBook is the result of years of learning, reflection, and practice. It will not only help you avoid common mistakes but also help you grow personally and spiritually, something I consider as important as any strategy.

I hope this book inspires you and accompanies you on your journey. And if you know someone who might need this information, don't hesitate to share it.

Unique Value of the Book

Unlike other books on trading or investing, this one doesn't focus on technical strategies or investment formulas. It's a practical guide for those who seek to be investors but end up becoming traders without being truly emotionally prepared. Here, you'll find psychological insights and unique tools to manage your emotions and expectations more consciously and in control. These are the pieces of advice no one usually shares, the ones that make the difference when the market turns uncertain.

Because, as in life, what is not controlled will inevitably be out of control.

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