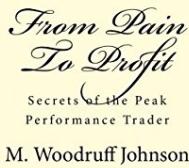


# From Pain To Profit: Secrets of the Peak Performance Trader

By M. Woodruff Johnson



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- To keenly focus your efforts
- To adopt "an edge of quiet desperation" in making successful investments and trades.
- To commit to following your plan and your rules.
- To overcome the specter of fear, greed, and self-doubt by harnessing your passion for following your rules
- To light a flame of belief in yourself so strong that it becomes a magnificent obsession in your daily trading routine
- To cease procrastination in journaling and planning as the habits of successful trading are seared into your system

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#### **About the Author**

Dr. M. Woodruff Johnson is the former Executive Director of the Kaiser Permanente Watts Counseling and Learning Center. Currently, he is President of Peak Performance 2000, Center for Human Potential, an organizational and personal development company. Dr. Johnson's doctorate is in Clinical Psychology and he holds two additional master degrees. He was also awarded a Coro Foundation Fellowship in Public Affairs and a Eureka Communities Fellowship. He holds certificates in Accelerated Learning, Neurosensory Development and hypnotherapy, among others. He has a passion for helping others to achieve their goals and get the results in life that they desire. He has provided clinical staff services in hospitals and community clinics as well. Dr. Johnson has been using mind/body healing techniques both professionally and personally with much success for many years. He actively trades Stock Options, Forex and Futures.

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