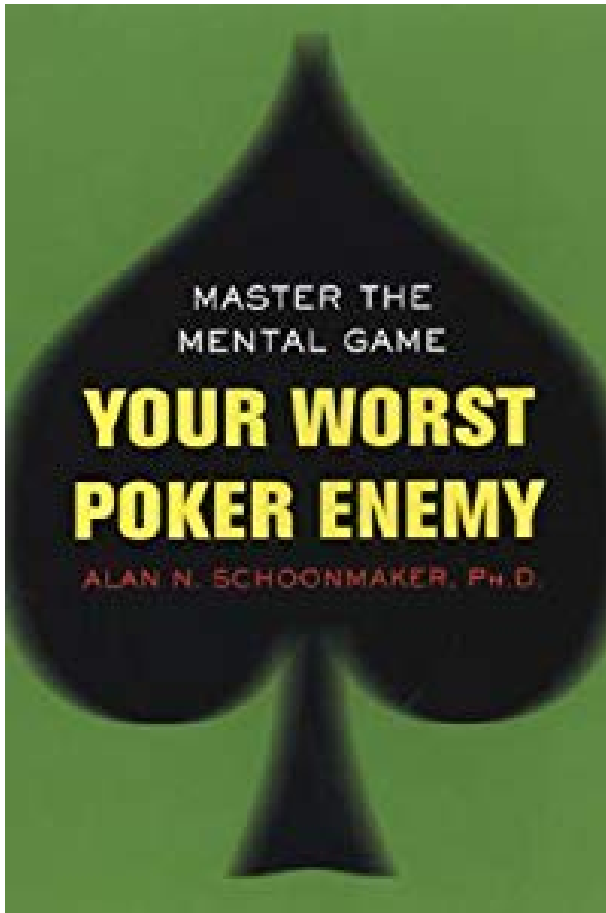


# Your Worst Poker Enemy



<b>ISBN10:</b>	0818407204
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<b>Language</b>	English
<b>Genre:</b>	Psychology
<b>Published:</b>	May 1st 2007 by Lyle Stuart
<b>Goodreads Rating:</b>	3.61
<b>ISBN13:</b>	9780818407208
<b>Pages:</b>	256

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"AT THE TABLE, YOU'RE YOUR OWN WORST ENEMY." --Stu Ungar, the world's greatest poker player  
Do you play hands you should fold? Do you sometimes go too far with hands, hoping to get lucky while knowing that the pot odds don't justify calling? Ever kept playing even when you knew you were off your game because you were losing and wanted to get even? Have you let anger or destructive urges affect the way you play even though you know better? Don't despair! Now, in *Your Worst Poker Enemy*, psychologist Dr.

Alan Schoonmaker shows you how to reap the full benefits of the poker knowledge you already have by helping you to identify and stop psychologically based mistakes. This must-have book also features detailed sections that examine crucial points far beyond the scope of most other poker strategy guides, including: Using Intuition vs. Logic Evaluating Yourself and the Opposition Understanding Unconscious and Emotional Factors Adjusting to Changes Handling stress Dr.

Schoonmaker will help you to recognize and defeat the often crippling psychological factors that distort your perceptions about yourself, other players, and the game itself and send you on your way to becoming the best poker player you can be!