FREE SAMPLE CHAPTER

THE TRADING MIND

Where Real Profit Is Born

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You are about to read Chapter 1 in full — *My Story: From Confusion to Clarity.*

This is the exact opening chapter from the full book — unedited, complete, no teaser cuts.

BOOK 1: THE TRADING MIND · CHAPTER 1

My Story: From Confusion to Clarity

The Struggle That Was Actually a Safeguard

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The Day I Almost Quit

I still remember sitting in front of my trading terminal, staring at a number that made my stomach drop.

Not because I had lost money. I had lost before. I was used to that.

This was different.

What hit me that day was something far more painful — the realisation that I had done everything right. I followed the signal. I took the trade. I waited.

And the market still took my money.

Why? I did not know. Not yet.

I had been trading since 2007. Studied charts until my eyes blurred. Read every book. Watched every YouTube video. Attended every free and paid webinar I could find.

I had a system. Or at least, I thought I did.

But sitting there that afternoon, staring at a wiped-out account, one thought kept coming back:

> ***"I thought a profitable system would make me profitable. I was wrong."***

That very moment was the biggest turning point of my trading career. Not because everything got better immediately. It actually got worse before it got better.

But that was the day I stopped blaming the market.

And started looking in the mirror.

Let me tell you that story. My real one.

The Friend Who Told Me I Was Not Good Enough

Before any of the losses I have already told you about, there was a conversation that got me into the market in the first place.

A friend of mine — Amol Gore — was the one who taught me trading in my early days, and who genuinely encouraged me toward the stock market when I was still on the outside looking in. I owe him more credit for how this story eventually turned out than I have ever properly given him in public, until now.

I wanted to go big immediately. Index options. Nifty, Bank Nifty. Everyone around me was talking about them — cheap entry, big leverage, big stories of overnight wins. Why start small in equity when I could start there instead?

Amol looked at me and said something very bluntly.

> ***Nilesh, you are not good enough for that today.***

It hurt my ego at that exact moment. I remember that clearly. But he was completely correct, and I understood exactly why within a few years of watching people around me destroy themselves the way he had just warned me not to.

He explained it with a comparison I still use with students today. Going straight for F&O and options when your foundation is not ready is like reaching for a cash-credit or overdraft account the moment your current account is already in trouble — negative cash flow, losses. Going all-out on leverage at exactly the point your business is weakest is not aggressive. It is dangerous.

Or think of it this way. You cannot sit a PhD exam when you have not even cleared your first-year ATKT. You build the foundation first, or the advanced exam simply breaks you.

You cannot drive a Formula 1 car if you have never driven a normal Maruti. Jump straight to the F1 car, and it will be an accident — except in the real world, when an accident happens, someone else usually gets hurt too, often more than the driver. In trading, you are the only one who gets hurt. Nobody else is in the car with you.

Almost everyone today goes straight to index options anyway. They convince themselves a single index is easier to analyse than dozens of individual stocks. Social media does the rest of the convincing — the big profit screenshots, the cheap capital requirement.

What nobody tells them is that trading a single instrument actually demands more mindset and patience, not less. The market moves sideways roughly seventy percent of the time and trends the remaining thirty. Even a properly mastered setup might only produce three to five genuine signals in an entire month. A new trader wants to trade every single day — and that gap between wanting daily action and the setup only appearing a few times a month is exactly where they start taking trades outside their own rules, before their edge has ever been given a real chance to work.

Small capital and easy access to large lot sizes in options makes this worse, not better — more leverage handed to someone with zero risk management training yet.

You will always get some lucky big winners trading that way early on. You will feel like you have doubled your money. What you have actually done is double your troubles — and given yourself no real chance of ever becoming a consistent, professional trader.

I was lucky. I had Amol to say the hard thing to me before the market had to teach it to me the expensive way. If I am successful today, he has a real part to play in that — more than he probably realises.

Charts, Confusion, and No Mentor

When I started trading in 2007, I was completely on my own. No mentor. No community. No real framework.

Just me. My laptop. A demat account. And the dangerous combination of confidence and ignorance.

In the early days, I relied on mechanical signals — moving average crossovers, RSI levels, MACD divergence. If the indicator said buy, I bought. If it said sell, I sold. Simple, right? Wrong.

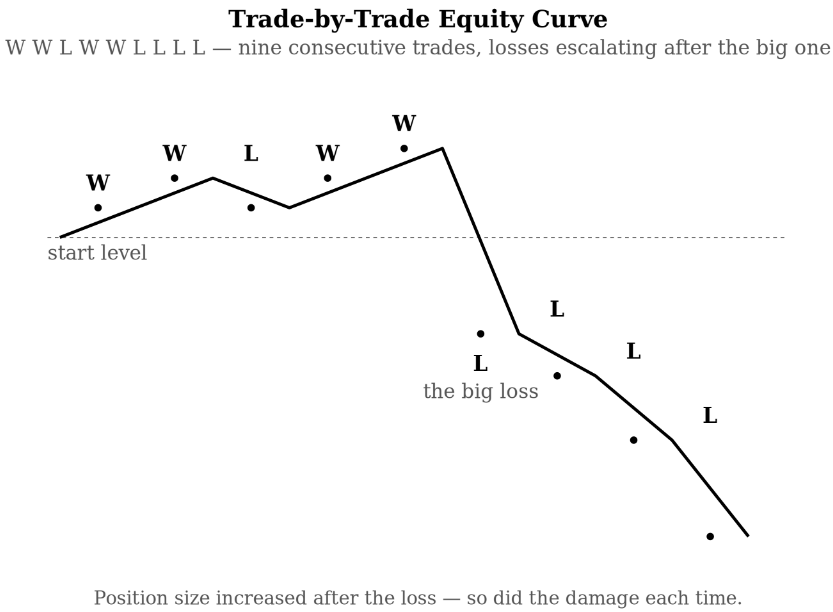
Perfect setup. Perfect entry. Perfect stop-out. Every single time.

I could not understand it. I had done everything right. The chart said buy. I bought.

The market laughed.

I did what every confused trader does. I changed systems. Then changed again. Then bought a course. Then changed again. I was a **"System Hopper"** — and I did not even know it.

There was a period — I am almost embarrassed to tell you this — where I sat at my trading desk wearing a motorcycle helmet. I thought it would help me focus. It did not help with the trades.



Trade-by-trade equity curve, illustrating the WWLWWLLLL pattern and the big loss

My capital curve told the whole ugly story. The pattern was always the same:

- **When I was winning,** I got overconfident and increased position sizes.
- **When I started losing,** I got desperate and increased position sizes even more.
- **Revenge trading kicked in —** trying to recover yesterday's loss in today's first trade.
- **One bad week** could wipe out two months of careful work.

The worst part? My profits were always small. My losses were always enormous.

I was taking profits at just 1 times my risk. Letting losers run to 3, sometimes 4, times my risk.

Mathematically, I was always going to lose. I just could not see it then.

The Big Loss That Changed Everything

There comes a moment in every trader's journey — a reckoning. Mine came after a particularly brutal losing streak. I had been doing well for a few weeks. Real confidence this time — not the borrowed kind. I decided to scale up. Bigger lots. More trades. I was finally 'getting it'.

Looking back, I was spectacularly wrong.

Then the market shifted.

One big red day. I held. Convinced it would recover.

It did not.

I averaged down. Another mistake. The loss grew.

I kept telling myself: 'It will come back.'

It did not come back.

Not before my stop was obliterated.

It was not just my account that felt it.

I sat there staring at the screen after that session and made a decision: I quit. But something happened in those few days of silence. I started reading — not charts this time, but books on trading psychology. And I came across three names that would completely change my approach:

- **Mark Douglas —** Trading in the Zone
- **Paul Tudor Jones —** the trader known for treating risk management as the foundation of everything
- **Richard Dennis —** the man who proved trading can be taught, if you teach the right things

> ***"I had zero mental skills to sustain a drawdown. That was the real reason I was failing — not my system."***

I did not know it then. But the real answer was never going to be ‘try harder’ or ‘be more disciplined.’

The real answer was buried two layers deeper — in why my mind kept breaking under pressure, and why my own numbers kept lying to me about what I actually needed to win. It took years to find that answer. This book will save you those years.

Learning Is Earning

I made a new commitment: before I put another rupee at risk, I would learn the right way. Not just price action. Not just indicators. I would study Deep Trading Psychology — the 98% that nobody talks about.

Mark Douglas taught me the mental game. Paul Tudor Jones taught me risk first, profit second. Richard Dennis proved trading could be taught — if you taught the right things, in the right order. Linda Raschke sharpened my execution. Mark Minervini showed me what a precise entry actually looks like. Oliver Kell broke down momentum in a way that finally made sense. Nicolas Darvas’ trendline logic. William O’Neil’s selection discipline.

I studied all of it. Not for a certificate. Not to sound smart at parties.

I studied it because I was tired of losing.

Slowly, the picture became clear. Trading is not about finding a magic system.

It is about building a professional process. Manage risk first. Execute with discipline second. Let profits be the natural, unglamorous result of doing the first two things correctly.

Somewhere in that studying, a bigger realisation arrived — the one this whole book is actually built on. Trading psychology, risk management, and technique are not three separate skills you master one at a time. They are three legs of the same stool; remove any one and the other two cannot hold weight on their own. Most books on this shelf pick one of the three and treat it as the whole answer — a psychology book that never touches a chart, or a technical book that treats risk and mindset as a footnote. This one refuses to. Wherever technique shows up later in these pages, it is not a detour from the psychology. It is the other half of the same problem.

The truth that most trading courses will never teach you:

> ***"Their exit point should be your entry. Know where they bleed, and you'll know where to buy."***

- **93% of traders are amateurs —** they trade on emotion, chase entries, and blame the market.
- **7% are professionals —** they trade on process, manage risk ruthlessly, and treat trading as a business.
- **The gap between the two** is not skill. It is mindset.

I decided I was going to be in the 7%. Not someday. Starting now.

It took a long time and hard struggle — a lot of introspection.

Slowly, I grew into a Professional Risk manager who treated Trading as a Business he loved. By the time I met the man you are about to meet next, that shift had already happened. I was no longer the man staring at a wiped-out account. I was the one who could finally show someone else the way out.

The Computer Shop

Before any of this had a name, I ran a computer shop in my city. Twenty years of it.

For the first four or five years I was also trading — badly, the way I have already told you. No risk management, no psychology, just strategy chasing strategy. Eventually I fixed that about myself. Slowly. Not overnight.

Here is the part that actually changed everything.

My shop was full of traders. Customers came in to buy a laptop ‘for trading’ and every single one of them wanted to talk. Not about their families. Not about the weather. About strategy. Always strategy. New indicator. New setup. New guru on YouTube.

Not one of them — not once — ever asked me about risk management. Not one of them ever used the word psychology in the context of markets. Most had never even heard it discussed that way.

They were all System Hoppers. I simply did not have the word for it yet.

One of them was a friend — मयूर. Mayur Dawda. He was stuck in exactly this loop, and I could see it clearly because I had lived every part of it myself, not long before.

I had been a teacher before trading ever entered my life — different subjects, different students, years earlier. Something in me thought: I can teach this too. Not the strategy chasing. The part nobody in that shop was teaching anyone.

So, I made Mayur a challenge. Six months. I would work with him — risk management, psychology, and just one simple technique. Nothing new every week. Nothing fancy.

He said yes.

Credit for what happened next belongs to him far more than to me. He showed up. He stayed focused. He did the unglamorous, repetitive work this book keeps asking of you.

Six months later, Mayur was not chasing strategies anymore. He was a strong risk manager, with a calm mindset, running one simple technique that gave him consistent results.

That day, something in me decided. I wanted to do this for more people. It turned out to be something I genuinely loved — the teaching, the examples, watching the shift happen in someone else the way it had happened in me.

That is the day something changed. I kept selling computers — but now I was training traders too, alongside it.

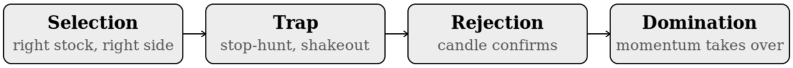
Birth of the DominateX STRD Framework

Over the years, as I rebuilt my trading from scratch, a framework began to emerge.

Refined through thousands of trades. Hundreds of student interactions. Years of testing — NSE equities, Nifty F&O, crypto, forex, commodities.

I called it the DominateX STRD Framework:

- **S — Selection:** Find the right stock at the right location. High-attention zones where institutional money reacts.
- **T — Trap:** Identify where smart money sets the fakeout. The false breakdown. The liquidity grab before the real move.
- **R — Rejection:** Price refuses the false move. A sharp reversal candle that closes strongly back inside the prior range.
- **D — Domination:** Institutional momentum takes over. Short covering or long unwinding. Enter and ride — not fight.



This framework, combined with Deep Trading Psychology, became the foundation of everything I teach.

You will see this framework's name again a few times in this book. Its full technical depth — every entry, every chart, every system built on it — is Book 2's entire job. Here, I only want you to understand the mind that makes any system, this one or any other, actually work.

9,000+ students trained. 4.8/5 Google rating. Guest lectures at leading wealth management and financial education institutions.

Not luck. Repetition.

What I Want You to Take from My Story

I am not sharing this story to impress you. I am sharing it because I know that somewhere in these words, you will recognise yourself.

Maybe you are at the beginning — excited, full of hope. Maybe you are in the middle — frustrated, confused. Or maybe you have had your big loss already.

I am telling you this because I wish someone had told me.

Wherever you are, I want you to hear this clearly:

> ***"Unless you understand that trading is a BUSINESS, you are just a Tax Payer who Loves Charity."***

The market is not here to give you money. It is here to transfer money — from those who trade emotionally and without process, to those who trade professionally and with discipline.

> ***“Most Traders Look For Entries. Professionals Look For Traps. Elite Traders Look For Domination.”***

You did not pick up this book by accident. Some part of you already knows the old way was not working.

This book moves in three stages — Clarity, Tools, and Process. We start with Clarity: understanding exactly why you have been losing, before you are handed a single tool to fix it. Skip that step, and every tool that follows is just one more thing to abandon the moment it stops working.

Welcome to The Trading Mind. Let’s begin.

CHAPTER SUMMARY

- A profitable system alone will NOT make you profitable. The mind must come first.

- Most traders fail because of psychology — not strategy.
- The capital curve (W W L W W L L L L) is predictable when you trade without process.
- The real edge: Risk Management + Deep Trading Psychology + Consistent Execution.
- The DominateX STRD Framework — Selection, Trap, Rejection, Domination — is the foundation.
- Trading is a business. Treat it like one.

— End of Chapter —

Next: Chapter 2 — Why 93% of Traders Fail

Want the Rest of the Story?

This was Chapter 1 of 10. The Trading Mind takes you through the Golden 1% Rule, the psychology of the capital curve, the 20-Trade Cycle, and a complete fill-in trading business roadmap — everything the mind needs before technique can work.

9,000+ students trained · 4.8/5 Google rating · NISM Certified Research Analyst

"Most Traders Look For Entries. Professionals Look For Traps. Elite Traders Look For Domination."

Ask Nilesh directly for your copy of the full book.