

but I try to control it now because I find it's such a power overload...I get such an energy surge through me it sort of sabotages my performance for the rest of the day. So now when I find I'm getting angry I say: "Relax, baby, Relax. You know what's happened before, it just knocks the day out for you". So I try not to get too wild, although my toning it down is probably a little extreme anyhow.

*What do you consider to be the key reasons you were able to transform yourself from a consistent loser for nine years to a consistent winner?*

I think it is extremely important that you stay within your own trading philosophy; and it must fit your personality, you can't change who you are and it's extremely important. I'm volatile, a little crazy (well I'm not that crazy)...but I like to have profits all the time.

I believe most successful traders are either a little neurotic or a little insecure because your driven to such heights that there has to be a little strange that makes you have that power of concentration and it's really an attribute and also not a heck of a lot you can do about it, but I think it's critically important—if you're a more calm or placid individual you should have a longer time horizon than my 30 second to 30 minute time horizon.

It does create stress for me. I sort of relish in it and my wife's told me I don't have to work 12 months a year and I've learned something new that there are other numbers called 11, 10, 9, 8, etc., so I am digesting that as I get a little older. But I think it is critically important that you stay within yourself and there's nothing wrong with having a different type of approach.

*Do most of your trading profits come from the compounding of a lot of small profits or from occasional big profits?*

I make most of my money through a minority of my trades...while I try to tread water through the choppy periods. I don't have 3 months up and 2 months down. I consistently try to be profitable all the time—it fits my personality and I tend to think that making money all the time will take care of itself over time. Its funny because people think I am incredibly risk-oriented but I'm basically a chicken, I run like crazy.

*What happened at that key turning point when you went from a consistent loser to a consistent winner?*