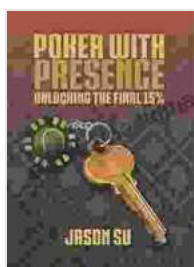


# Unlock Your Poker Potential with "Poker with Presence" and Conquer the Final 15

In the competitive world of poker, it's not just about mastering the technicalities of the game; it's about developing a mindset that can withstand the pressure and make decisive decisions in high-stakes situations. "Poker with Presence: Unlocking the Final 15" by Dr. K. Robert Waggoner provides a comprehensive guide to cultivating a winning presence, both on and off the poker table.

## Unleashing the Power of Presence

The book's core concept revolves around the idea of presence, which refers to a state of being fully engaged and aware in the present moment. Waggoner argues that by developing a strong sense of presence, poker players can access their intuition, increase their focus, and boost their overall performance.



### **Poker with Presence: Unlocking the Final 15%** by Jason Su

★★★★☆ 4.6 out of 5

Language : English

File size : 1640 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 118 pages

Lending : Enabled

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He explores the different elements of presence, including:

\* **Attention:** Maintaining a sharp focus on the game and avoiding distractions \* **Awareness:** Being attuned to one's own thoughts, emotions, and physical sensations \* **Acceptance:** Embracing both favorable and unfavorable outcomes without resistance \* **Intuition:** Tapping into the wisdom of the subconscious mind to make informed decisions

## **Practical Strategies for Cultivating Presence**

"Poker with Presence" offers practical strategies for cultivating this elusive state of mind. Waggoner provides exercises that help readers develop their attention, sharpen their awareness, and build a stronger connection with their intuition.

Some of the techniques include:

\* **Meditation:** Practicing mindfulness meditation to enhance focus and emotional regulation \* **Body scan:** Bringing awareness to physical sensations and releasing tension \* **Journaling:** Reflecting on poker experiences to identify patterns and improve decision-making \* **Visualization:** Imagining successful outcomes to build confidence and reduce anxiety

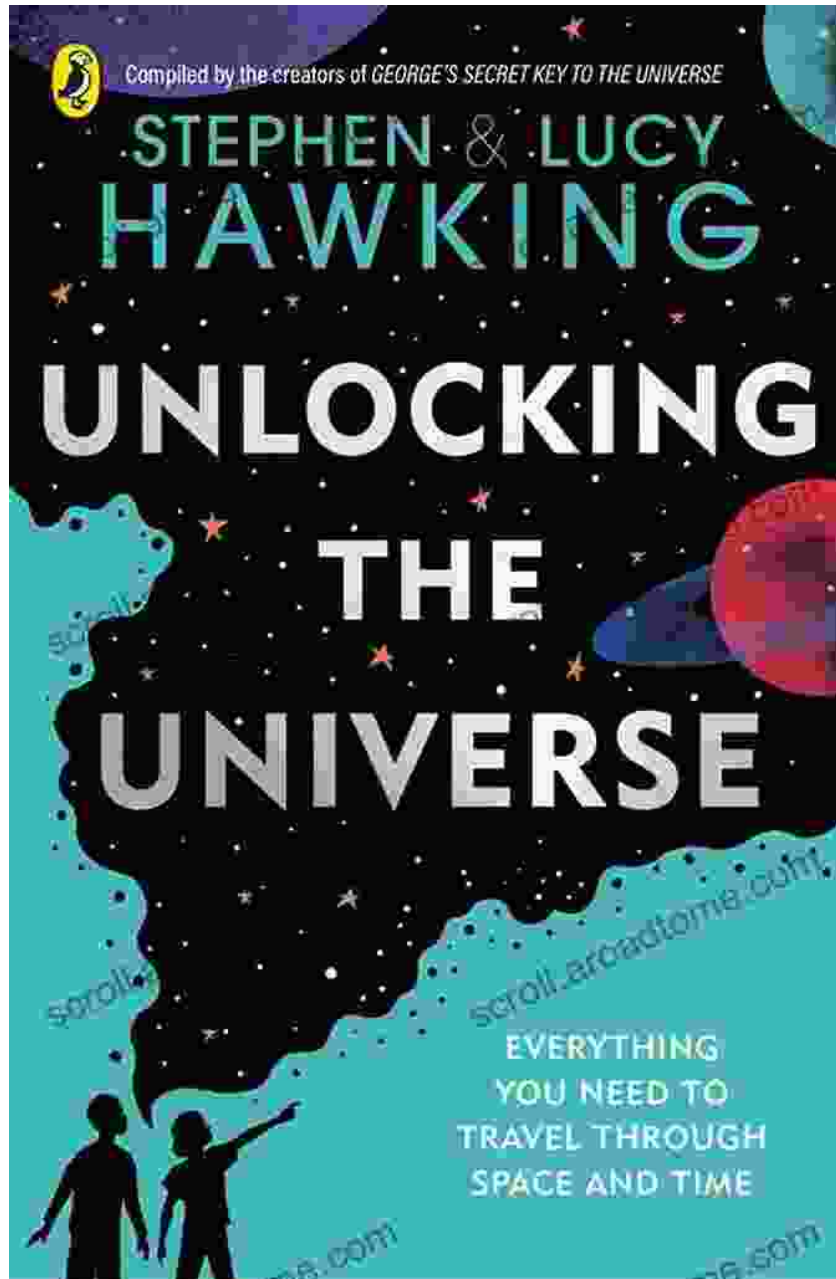
## **From Theory to Practice: Real-World Applications**

The book goes beyond theory by providing real-world examples of how presence can be applied to improve poker performance. Waggoner draws on his extensive experience as a poker coach and consultant, sharing insights and case studies from top-performing players.

He covers a wide range of topics, including:

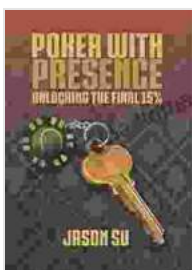
\* **Reading Opponents:** Detecting subtle tells and body language cues \*  
**Bluffing Effectively:** Using presence to maintain composure and execute convincing bluffs \* **Controlling Tilt:** Managing emotions effectively to avoid costly mistakes \* **Adapting to the Game:** Adjusting strategies based on changing conditions and opponents

"Poker with Presence" is an indispensable resource for poker players of all levels. By developing a strong sense of presence, players can gain a significant edge in the game, unlocking their full potential and achieving greater success at the poker table.



## Call to Action

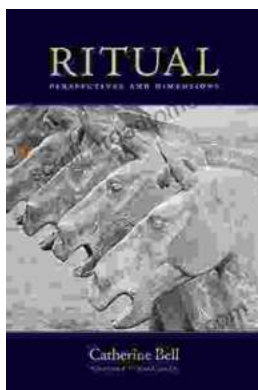
Transform your poker game and unleash your winning potential with "Poker with Presence: Unlocking the Final 15." Free Download your copy today and embark on a journey to master the game within and beyond the poker table.



## Poker with Presence: Unlocking the Final 15% by Jason Su

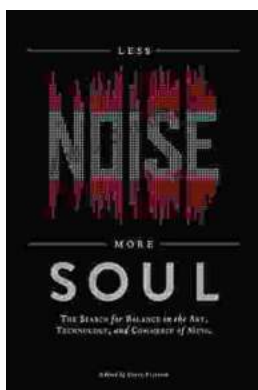
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