

# 0 dte options trading blueprint

0 dte options trading blueprint is a strategic guide designed for traders interested in capitalizing on same-day options contracts. These contracts, which expire on the day they are traded, offer unique opportunities for significant profit due to their rapid price movements and time decay characteristics. This article delves into the essential components of a successful 0 dte options trading blueprint, including risk management, trade setups, and technical analysis tailored for zero days to expiration options. Understanding the nuances of 0 dte options trading can enhance decision-making and improve profitability for both novice and experienced traders. Additionally, this blueprint highlights the importance of market awareness, timing, and disciplined execution. Explore the critical elements that define effective 0 dte options trading strategies and learn how to implement them systematically. The subsequent sections will cover foundational concepts, strategic approaches, risk controls, and advanced techniques integral to mastering 0 dte options trading.

- Understanding 0 DTE Options
- Key Components of the 0 DTE Options Trading Blueprint
- Strategies for Trading 0 DTE Options
- Risk Management in 0 DTE Options Trading
- Tools and Indicators for Effective 0 DTE Trading

# Understanding 0 DTE Options

0 DTE options, or zero days to expiration options, are contracts that expire on the same trading day they are bought or sold. These options have become increasingly popular due to their potential for rapid gains and the ability to exploit intraday market volatility. Traders use 0 DTE options to take advantage of accelerated time decay and price swings that occur as expiration approaches.

Understanding the characteristics of these options, including their sensitivity to price movements and implied volatility, is critical for constructing an effective trading blueprint. The short lifespan of these contracts demands quick decision-making and a clear understanding of market conditions.

## What Are 0 DTE Options?

0 DTE options are options contracts that expire at the end of the current trading day. These are typically offered on major indices such as the S&P 500 (SPX) or the Nasdaq (NDX), and sometimes on individual stocks. Because these options have no remaining time value beyond the current session, their price movements are highly influenced by underlying asset volatility and the approaching expiration time. This makes them ideal for traders looking to capitalize on short-term market movements.

## Advantages of Trading 0 DTE Options

Trading 0 DTE options offers several advantages including:

- **High leverage:** Small capital can control larger positions.
- **Rapid time decay:** Enables premium sellers to profit quickly.
- **Intraday trading opportunities:** Allows exploitation of market volatility.
- **Reduced overnight risk:** Positions close by market close, avoiding overnight gaps.

# Key Components of the 0 DTE Options Trading Blueprint

Developing a comprehensive 0 DTE options trading blueprint requires integrating multiple critical components. These components include technical analysis, market timing, position sizing, and exit strategies. Each plays a vital role in managing the high-risk, high-reward nature of same-day options trading. A successful blueprint also incorporates strict risk controls and a disciplined approach to ensure consistent performance over time. The following subsections break down these essential elements.

## Technical Analysis and Market Timing

Technical analysis forms the backbone of the 0 DTE options trading blueprint. Traders rely heavily on intraday charts, volume patterns, and volatility indicators to identify optimal entry and exit points. Market timing is crucial because the value of 0 DTE options can erode dramatically with each passing minute. Using tools such as moving averages, support and resistance levels, and momentum oscillators helps traders anticipate price moves and align their trades accordingly.

## Position Sizing and Capital Allocation

Effective position sizing is paramount in the 0 DTE options trading blueprint. Given the inherent volatility and rapid time decay of these contracts, allocating the appropriate amount of capital to each trade reduces the risk of significant losses. Traders often use a fixed percentage of their trading capital per trade, applying strict limits to avoid overexposure. Proper capital allocation ensures that even a string of losing trades will not jeopardize the overall portfolio.

## Entry and Exit Strategies

Precise entry and exit strategies are essential to capturing profits in 0 DTE options trading. Entries

should be based on clear signals derived from technical setups, while exits must be predetermined to lock in gains or cut losses quickly. Many traders use limit orders for entries and stop-loss or profit-target orders for exits. Timely execution is crucial due to the short lifespan of these options, and adhering to a disciplined plan helps prevent emotional decision-making.

## **Strategies for Trading 0 DTE Options**

There are several proven strategies suited to 0 DTE options trading that balance risk and reward effectively. These strategies leverage the unique characteristics of zero-day expiration contracts, including accelerated theta decay and heightened sensitivity to price movements. Understanding and applying these strategies systematically forms a core part of the 0 DTE options trading blueprint.

### **Directional Trading**

Directional trading involves speculating on the underlying asset's price movement within the trading day. Traders buy call options if they expect an upward move or put options if they anticipate a decline. Due to the limited time frame, these trades require accurate market timing and quick exits to capture intraday momentum. Directional trading with 0 DTE options can yield high returns but also carries significant risk if the market moves against the position.

### **Credit Spreads and Iron Condors**

Credit spreads and iron condors are popular strategies that capitalize on time decay while limiting risk exposure. Selling spreads or iron condors on 0 DTE options allows traders to collect premium with defined risk. These strategies benefit from the rapid erosion of option premiums as expiration approaches. However, they require careful strike selection and monitoring to manage potential adverse price moves effectively.

## Scalping and Quick Profit Taking

Given the fast price changes in 0 DTE options, scalping is a viable approach. This involves making multiple quick trades during the day to capture small price differentials. Scalping requires a robust trading platform, low commissions, and the ability to react swiftly to market changes. Though potentially profitable, it demands strict discipline and precise execution to avoid compounding losses.

## Risk Management in 0 DTE Options Trading

Risk management is a cornerstone of the 0 DTE options trading blueprint. The inherent volatility and rapid time decay associated with zero-day expiration options make risk control essential to preserve capital and maintain long-term profitability. Employing a disciplined risk management framework helps traders avoid catastrophic losses and sustain consistent performance.

## Setting Stop Losses and Profit Targets

Stop losses and profit targets are critical tools for managing risk in 0 DTE options trading. Given the speed at which these options can lose value, predetermined exit points help contain losses and secure profits. Traders typically set stop losses based on a fixed percentage of capital or a technical level on the underlying asset's price chart. Profit targets enable traders to exit trades promptly once desired gains are achieved, avoiding unnecessary exposure to market reversals.

## Limiting Position Size

Limiting position size is an effective risk management technique that prevents overexposure in any single trade. Many professional traders adhere to the rule of risking no more than 1-2% of their capital on a single position. This approach mitigates the impact of losing trades and supports a sustainable trading career. Position sizing must be adjusted dynamically based on market volatility and current portfolio performance.

## Monitoring Volatility and Market Conditions

Monitoring implied volatility and overall market conditions is vital when trading 0 DTE options. Elevated volatility can increase option premiums but also heighten risk. Understanding volatility trends helps traders select appropriate strategies and strike prices, balancing potential reward against risk. Additionally, awareness of macroeconomic events and market news is essential to avoid unexpected price shocks that could adversely affect positions.

## Tools and Indicators for Effective 0 DTE Trading

Utilizing the right tools and indicators is fundamental for implementing the 0 DTE options trading blueprint successfully. These analytical aids provide insights into market momentum, volatility, and price patterns, enabling informed trading decisions tailored to the rapid dynamics of zero-day expiration options.

### Volatility Indicators

Volatility indicators such as the Average True Range (ATR) and the Volatility Index (VIX) help traders gauge the market's expected movement range. These indicators inform strategy selection and position sizing by signaling periods of high or low volatility. For 0 DTE options trading, recognizing volatility spikes or contractions is crucial to timing entries and exits effectively.

### Moving Averages and Trend Analysis

Moving averages smooth out price data to identify trends and potential reversal points. Commonly used moving averages include the 9-period and 21-period exponential moving averages (EMAs), which are particularly useful for intraday analysis. Incorporating moving averages into the 0 DTE trading blueprint assists traders in confirming trend direction and filtering trade signals.

## **Volume and Order Flow Analysis**

Volume analysis provides insight into market participation and the strength of price movements. High volume often confirms significant price trends or reversals, which can be leveraged in 0 DTE options trading. Order flow analysis, including tracking bid-ask spreads and large trades, enables traders to anticipate short-term supply and demand imbalances, enhancing timing precision.

## **Trade Management Software and Platforms**

Advanced trading platforms equipped with real-time data feeds, customizable charts, and order execution capabilities are essential for efficient 0 DTE options trading. These platforms facilitate quick order entry and exit, risk monitoring, and strategy testing. Utilizing software designed for options trading helps maintain discipline and adapt rapidly to market changes inherent in zero-day expiration environments.

## **Frequently Asked Questions**

### **What is 0 DTE options trading?**

0 DTE options trading refers to trading options contracts that expire on the same day, allowing traders to capitalize on intraday price movements with very short-term expiration.

### **What does 0 DTE stand for in options trading?**

0 DTE stands for 'zero days to expiration,' indicating options contracts that expire on the current trading day.

### **Why is the 0 DTE options trading blueprint popular among traders?**

The 0 DTE options trading blueprint is popular because it offers high potential returns within a single trading day, allowing traders to exploit volatility and time decay effectively.

## **What are the key components of a 0 DTE options trading blueprint?**

Key components include entry and exit strategies, risk management rules, selection of underlying assets and strike prices, and understanding market conditions and volatility.

## **How does risk management work in 0 DTE options trading?**

Risk management involves setting strict stop-loss levels, limiting trade sizes, using defined risk strategies like spreads, and closely monitoring positions to avoid significant losses due to rapid price swings.

## **Which markets are best suited for 0 DTE options trading?**

Highly liquid markets with tight bid-ask spreads such as the S&P 500 (SPX) and Nasdaq 100 (NDX) are best suited for 0 DTE options trading due to their volatility and volume.

## **What strategies are commonly used in a 0 DTE options trading blueprint?**

Common strategies include day trading directional calls or puts, credit spreads, iron condors, and scalping premium decay on near-expiry options.

## **How does implied volatility affect 0 DTE options trading?**

Implied volatility greatly impacts premiums; higher volatility increases option prices, providing more opportunity for profit but also higher risk, making volatility analysis crucial for 0 DTE trades.

## **Can beginners successfully trade 0 DTE options using a blueprint?**

While possible, beginners should approach 0 DTE options trading with caution, thoroughly understand the blueprint, practice with paper trading, and prioritize risk management due to the strategy's high risk.



# What tools or platforms support effective 0 DTE options trading?

Trading platforms with real-time data, fast execution, advanced charting, options analytics, and risk management features, such as Thinkorswim, Interactive Brokers, and TradeStation, support effective 0 DTE options trading.

## Additional Resources

### 1. *The 0 DTE Options Trading Blueprint: Mastering Same-Day Expirations*

This book provides a comprehensive guide to trading zero days to expiration (0 DTE) options. It covers strategies for capitalizing on rapid price movements and managing risk within a single trading day. Readers will learn how to identify high-probability setups and execute trades efficiently to maximize returns.

### 2. *Intraday Options Secrets: Profiting from 0 DTE Strategies*

Focused on intraday trading techniques, this book dives deep into 0 DTE options and how to exploit their unique characteristics. It explains the importance of timing, volatility, and market sentiment in crafting winning trades. Practical tips and real-world examples help traders build confidence in fast-paced markets.

### 3. *Zero Days to Expiration: The Trader's Guide to Rapid Options Profits*

This title breaks down the nuances of trading options that expire within the day, emphasizing quick decision-making and disciplined risk management. It explores various trading setups, including scalping and momentum plays, tailored for 0 DTE contracts. The book is suitable for traders looking to enhance their short-term options skills.

### 4. *The 0 DTE Playbook: Strategies for Consistent Day Trading Success*

A tactical manual for traders aiming to generate steady income through 0 DTE options, this book focuses on strategy development and trade execution. It discusses how to balance reward and risk while navigating the challenges of ultra-short-term options. The author also shares insights on psychological resilience and trade journaling.

### *5. Options Expiring Today: A Blueprint for High-Frequency Trading*

This book explores the dynamics of options that expire on the same day and how to use them for high-frequency trading opportunities. It outlines algorithmic and discretionary trading methods tailored to 0 DTE environments. Readers will gain knowledge on managing rapid market changes and optimizing entry and exit points.

### *6. The Art of 0 DTE Trading: Unlocking the Power of Same-Day Options*

Combining technical analysis with options theory, this book guides traders through the complexities of 0 DTE trading. It emphasizes the importance of chart patterns, volume analysis, and implied volatility in crafting effective trades. The book also covers risk controls specific to the high volatility of same-day expirations.

### *7. Rapid Options Trading: The 0 DTE Blueprint for Aggressive Traders*

Designed for aggressive traders, this book outlines a blueprint for leveraging 0 DTE options to achieve fast profits. It addresses entry tactics, position sizing, and exit strategies within the compressed timeframe of same-day expiry. The author highlights the importance of discipline and adaptability in this high-stakes trading style.

### *8. Day Trading 0 DTE Options: Strategies for the Modern Trader*

This modern guide focuses on day trading strategies specifically for 0 DTE options, with an emphasis on technology and market structure. It discusses the use of trading platforms, real-time data, and order types to enhance execution speed. The book also explores how to integrate fundamental news events into 0 DTE trading decisions.

### *9. Mastering 0 DTE Options: A Step-by-Step Blueprint for Fast Profits*

This step-by-step manual breaks down the process of mastering 0 DTE options trading from setup to execution. It offers clear instructions on strategy formulation, trade management, and psychological discipline. Suitable for beginners and experienced traders alike, the book aims to build confidence in navigating the fast-moving world of same-day options.

## **0 Dte Options Trading Blueprint**

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**0 dte options trading blueprint: Master the Art of Greeks, Covered Calls and Cash-Secured Puts (The Option Trader's Income Blueprint Vol.1)** Marco Colombo, Master the

Art of Greeks, Covered Calls and Cash-Secured Puts Welcome to the first volume of The Option Trader's Income Blueprint series, your definitive guide to mastering the essentials of options trading. Master the Art of Greeks, Covered Calls and Cash-Secured Puts is designed to empower both beginners and advanced traders with the knowledge and strategies needed to excel in the world of options trading. What You'll discover in this volume: - Unlocking the Power of Option Income Trading: Dive into the foundational concepts of options trading. This book provides a comprehensive overview of how option income trading can lead to financial success, setting you on a path toward achieving your financial goals through proven strategies. - Understanding Options Basics: Start with a solid understanding of options trading fundamentals. Learn about calls and puts, key terms and how options trading differs from stock trading. The book provides a thorough and detailed explanation of the Greeks, offering a deep understanding of these essential metrics for options trading, with practical advice tailored for both beginners and those looking to deepen their knowledge. - Volatility and Options: Understanding the Relationship and Strategies: Explore the critical role of volatility in options trading. Understand historical and implied volatility, and how these metrics impact your trading decisions. This chapter explains concepts like volatility skew, volatility surface, and mean-reversion with practical insights to help you refine your options trading strategies. - The Fundamentals of Option Income Strategies: Uncover the core principles behind generating income through options, leveraging covered calls and cash-secured puts to create a steady stream of passive income while gaining a statistical edge in your trades. - Strategic Asset Selection for Option Income Strategies: Master the art of selecting the right assets for profitable options trading. Learn how to assess underlying assets using quantitative techniques, volatility assessments, and fundamental analysis. Gain insights into return metrics, risk-adjusted performance, and liquidity to enhance your income generation through options. - Covered Calls - The Cornerstone of Option Income: Discover why covered calls are a fundamental strategy for income generation with a step-by-step guide to executing, managing, and adjusting this technique. Learn how to estimate capital requirements and apply these strategies to confidently boost your stock market income. - Cash-Secured Puts - Earning While You Wait: Learn the essentials of cash-secured puts, a powerful strategy for earning passive income. You'll find a detailed guide on executing and managing cash-secured puts, along with practical tips for adjusting positions and estimating capital requirements. Harness this strategy to maximize your income while maintaining liquidity. Master the Art of Greeks, Covered Calls and Cash-Secured Puts is a meticulously crafted resource that blends rigorous academic insights with practical strategies for mastering options trading and achieving financial independence. Whether you're looking to transform your trading into a profitable side hustle or elevate your existing strategies, this book provides clear explanations and actionable insights. Designed for traders of all experience levels, it empowers you to realize your full potential in the dynamic realm of options trading. Embark on your path today and reshape your financial future with this essential guide!

**0 dte options trading blueprint: Zero-Day to Expiration (0DTE) Options** Ben David, 2023-11-28 Zero-Day to Expiration (0DTE) Options: Strategies and Models for Trading Options at Expiration is a comprehensive guide that delves into the exciting world of trading options with a focus on zero-day expiration. Whether you're a seasoned trader looking to explore new opportunities or a beginner eager to understand the intricacies of 0DTE options, this book provides the knowledge and strategies you need to succeed. The book starts by laying a solid foundation, explaining the basics of trading 0DTE options. It demystifies key concepts, introduces essential terminology, and equips readers with the fundamental understanding required to navigate the dynamic options market. With clear explanations and real-world examples, the book ensures that even novices can grasp the concepts quickly. Navigating option pricing on expiration day can be a daunting task for traders. In this book, you'll discover powerful techniques to analyze and interpret option pricing dynamics during this critical period. You'll gain insights into factors influencing prices, such as market volatility, time decay, and underlying asset movements. Armed with this knowledge, you'll be able to make informed decisions and seize profitable opportunities at the expiration bell. The heart

of Zero-Day to Expiration (0DTE) Options lies in its exploration of effective strategies specifically tailored for trading 0DTE options. The book introduces a variety of proven approaches and innovative tactics that capitalize on the unique characteristics of these options. Whether you prefer directional plays, volatility strategies, or income-generation methods, you'll find a comprehensive range of strategies to suit your trading style and risk appetite. To deepen your understanding, the book includes captivating case studies that illustrate the practical application of the discussed strategies. These real-life scenarios provide invaluable insights into how successful traders navigate the complexities of 0DTE options. By examining these case studies, you'll learn from their experiences, uncover potential pitfalls, and discover ways to refine your own trading approach. From beginning to end, Zero-Day to Expiration (0DTE) Options is designed to be a catalyst for action. Each chapter is filled with actionable advice, step-by-step guides, and practical tips that empower readers to implement the strategies effectively. With its clear writing style and emphasis on practicality, this book serves as an indispensable resource for traders of all levels of expertise. Whether you are seeking to boost your existing options trading skills or embark on a thrilling new venture, Zero-Day to Expiration (0DTE) Options equips you with the tools, strategies, and models you need to trade options successfully at expiration. Take control of your options trading journey and unlock the potential for greater profits with this must-read book.

**0 dte options trading blueprint: 0DTE - Trading on the Edge** Innaware Pjp, 2023-07-25  
0DTE - Trading on the Edge: Making Money with Same-Day Options Expiration Table of Content  
Chapter 1: Introduction to Zero-Day Options Chapter 2: The Advantages and Risks of Trading 0DTE Options Chapter 3: Choosing the Right Stocks and Options to Trade Chapter 4: Developing a Trading Plan and Sticking to It Chapter 5: Managing Risk with 0DTE Options Chapter 6: Using Technical Analysis and Indicators Chapter 7: Executing Trades and Managing Positions Chapter 8: Adjusting and Rolling 0DTE Options Chapter 9: Managing Profits and Losses Chapter 10: Zero-Day Options Trading Strategies and Setups Chapter 11: Avoiding Common Mistakes with Same-Day Options Chapter 12: The Psychology and Discipline of 0DTE Trading Chapter 13: Option Greeks and 0DTE Trading Chapter 14: Creating an Effective Trading Workspace Chapter 15: The Role of Intuition and Analytics in Decision Making Chapter 16: Coping with Losing Streaks Chapter 17: Staying Focused During Market Hours Chapter 18: Paper Trading and Backtesting for Preparedness Chapter 19: Advanced Risk Management Chapter 20: Trading Around Key Events Chapter 21: Developing a Trading Mindset

**0 dte options trading blueprint: Maximize Profits with 0DTE Options** Jerry A O'Brien, 2023-12-27 Maximize Profits with 0DTE Options: A Guide to Lucrative Zero-Days-to-Expiration Strategies for Maximum Income in All Market Scenarios Are you prepared to redefine your financial future and achieve unprecedented success in the dynamic realm of high-income options trading? Your guide to this transformative journey is none other than acclaimed author Jerry A. O'Brien, presenting Maximize Profits with 0DTE Options: A Guide to Lucrative Zero-Days-to-Expiration Strategies for Maximum Income in All Market Scenarios

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**0 dte options trading blueprint: How To Make Money Trading Options** Balkrishna M. Sadekar, 2018-11-05 How to Make Money Trading Options without Worrying about the Market's Direction This is a pioneering book on using options to generate regular income through non-directional trading, namely making money without really having to predict the underlying stock's or market's direction. It reveals and explains: ● The concept and nature of non-directional

options trading ● Why non-directional trading doesn't require much analysis of charts or price patterns, etc. ● How to construct non-directional option trading strategies ● How non-directional option strategies can easily be repeated to produce a monthly paycheck for the trader ● How to fine tune these strategies to suit your trading style. The centerpiece of the book is the thorough exposition and analysis of a powerful, tested non-directional options trading strategy. The author dissects the strategy with the help of real life examples and 150+ charts, highlighting how to manage non-directional trades through various stages and situations. The book will equally benefit directional traders through its lucid explanation of popular options strategies of leveraging, hedging, and speculation – and even for buying stocks cheaper by using options. Plus, of course, it will enable options traders to diversify and generate income through non-directional trading as well.

**0 dte options trading blueprint: Options Trading** David Cupper, 2019-10-06 If you want to trade in the financial market, one of the ways you can improve, grow, and enhance your portfolio is options trading! Over the years, many people have used options trading to greatly improve the value of their investment portfolio, and you can also do it. What you need is the blueprint that will guide you, step-by-step, on what you need to do to succeed in trading options, provided through this book. There are a lot of options trading strategies out there, multitudes of them, but if you're going to be a success in applying and using them, you'll have to work on your mindset. You must, first of all, develop the right mindset of a successful options trader. You need to have the same thought patterns and belief systems that made traders highly successful and then proceed to apply their strategies to your trade. You can trade options via many channels: stocks, indexes, currencies, commodities, and many others. The most important thing is to focus your trading in areas where you are most confident. Trade asset classes you have insightful and experiential knowledge about. This will increase your self-confidence and enable you to be successful in trading activities. Successful options trading means analyzing the market through fundamental and technical analysis. By using these analytical methods to do your homework and make the right trading decisions, you will begin to make consistent profits in your trading. You have to avoid gambling in options by trading in the game, and always understand that there are risks associated with every trade. When you respect and analyze your risks before trading, you can limit your losses and increase your gains. Successful options trader and investor, Yvan Byeajee, once said, Ultimately, consistent profitability comes down to choosing between the discomforts you feel when you follow your plan and the urge to let yourself be captured ( and ruled) by your emotions. To do well in options trading, you need to develop your own trading plan based on your personality, trading style, trading goals, and many others. Then you have to test and try your plan until it is producing consistent profits. When this happens, all you have to do is to rinse and repeat, learn new options trading strategies, apply them, and keep growing your account. By understanding the basics of every trade and controlling your emotions while trading in options, you will minimize your losses and maximize your wins. Looking to start options trading and chart a course for making consistent profits in the game? This book provides an easy-to-use guideline to start trading options and achieve your trading goals. The following entails what you will learn from the book: -The basics of options trading-Understand the risks/rewards of options-Fundamental vs. technical analysis-Using Options Greeks-Developing the right mindset for success-Online trading tips for success-Binary options trading-How to spot fake binary option brokers-Forex options trading-Stock option trading-Trading pitfalls to avoid-Options trading strategies (long calls, long put, covered call, etc.)-And many more...Don't wait anymore. Get your copy today!

**0 dte options trading blueprint: Covered Calls For Beginners** Benjamin Ray Kratter, 2021-01-09

**0 dte options trading blueprint: Options Trading for Beginners** MATTHEW R. HILL , HENRY KRATTER, Options Trading for Beginners DESCRIPTION An informational book that deals mainly with options trading. It comprises an in-depth introduction to options and trading strategies that will be well-suited for those who are increasingly curious about options trading, as well as for those who want to invest money. Is this your first time hearing about options and options trading? Do you want

to know how to trade these options and the best strategies to be successful? If yes, this is the right book for you! Options Trading for Beginners provides readers, both experts and those with no experience on the subject matter at all, with a comprehensive explanation and illustration on how options trading works. This makes it not only an excellent opportunity for newbies to learn about options, but also an excellent way to delve more in-depth on how to trade these options. This guide is an opportunity for readers to capitalize on learning how to trade and invest money. It can be read from cover to cover or can also be used as a reference guide, with each subject consistently explained and illustrated to allow the reader to understand the world of options trading better and easier. The recurring theme of this material is to help not only those with some semblance of familiarity with options trading but those with zero knowledge of it at all as well. □□□This book covers:□□□ Fundamentals and mechanics of options Trading strategies How to plan your trades Common mistakes Short and long-term investing Risk and time management ...And much more! Provide yourselves with a copy of this useful book to have a basic handle on options trading! Click the button to Buy your copy now!

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