

professionals reduce stress and increase effectiveness and energy levels. Offerings include one-on-one training delivered via phone and online, and an innovative heart monitoring software program that teaches people how to beat stress once and for all. HeartMath's award-winning software program is called the Freeze-Framer® and it's designed to teach people to easily neutralize stress as they move through their day – mentally and emotionally re-calibrating so the stress doesn't accumulate. Ideal for traders, the techniques are applied in-the-moment in the midst of pressure when you most need the intuitive clarity, creativity and discipline to execute effectively. The HeartMath approach works because it teaches people how to address emotional stress like frustration, irritation, anxiety, worry, guilt and anger as it comes up in the moment. (I wish I had learned these techniques years ago!)

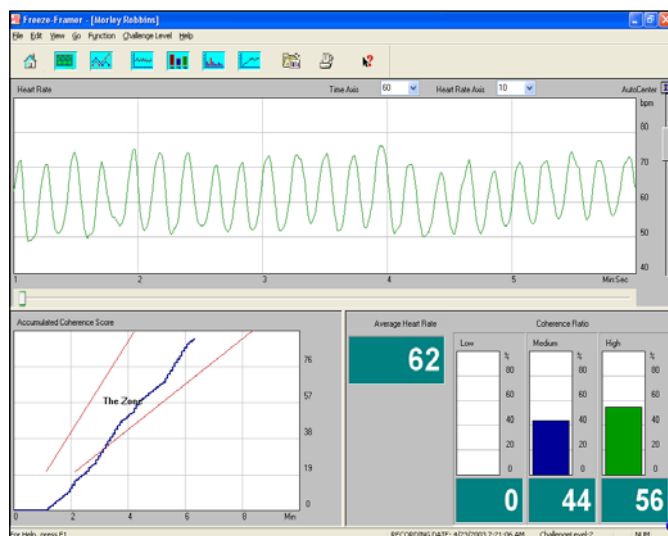
Medical experts seem to agree. "Like many organizations, the organization I work for is performance driven – it's data driven – and people like to see the proof that something works. HeartMath gives you that proof," says Chris Roythorne, M.D., VP of Health for British oil giant, BP.

So how does the heart's rhythm help you de-stress? HeartMath researchers say that with every beat of the heart intricate messages are being sent to the entire body. Their research shows a critical link between the heart and emotions and demonstrates how the heart responds to emotional and mental reactions. As people experience emotional reactions like frustration, irritation, anxiety, worry, guilt or anger, heart rhythms become incoherent, or more chaotic, which interfere with the communication between the heart and brain. According to HeartMath research, these emotions create a chain reaction in the body. Blood vessels constrict, blood pressure rises, and the immune system is weakened. This consistent imbalance can put a strain on the heart and other organs, and eventually lead to serious health problems.

HeartMath's user-friendly system teaches you how to become aware of subtle stress signals, then to quickly bring your heart rhythms and brain into balance. A number of traders now use the program to get into the zone before making a trade. Traders report increased energy, more clarity and more effective decision-making, all without sacrificing speed or quick response. A number of Fortune 100 companies seem to be paying attention, bringing in the programs to improve performance and reduce health-related costs. HeartMath clients include Cisco, Prudential Financial, HSBC, Shell, Hewlett Packard, Liz Claiborne, Unilever and Sony.

For me, using the simple techniques and user-friendly HeartMath technology has become a daily routine, as important as morning coffee, news updates and a positive attitude. Gone are the undercurrents of anxiety and isolation, the drained energy and flagging morale. Life has not become perfect, but my capacity to manage it has increased immeasurably.

Contact John White at 831-338-8711 email: jwhite@heartmath.com or call Traders World to purchase the Freeze-Framer for \$295 plus S&H at 800-288-4266 or www.tradersworld.com



Multiple Monitor Trading Notebooks



By Larry Jacobs

It's finally here. Something a lot of traders have been looking for a long time. It's multiple monitor trading notebooks. The one shown above is a P4 notebook computer with a 17" wide screen. It's available in P4 3.0, 3.2 and 3.4MHz processors with HT technology. It comes with 512MB, 1GB or 2GB of RAM and a 60GB fluid high speed 7200 RPM drive. It can have two drives in a RAID connection in strip 0 for speed or 1 for redundancy. It has both a 56K built in modem and 10/100/1000 MBps Lan port perfect for connecting up to the internet through your cable or DSL modem and it has all the other connections such as 3 USB 2.0, I-EEE 1394 Port and a TYPE II PCMCIA slot. It even has a built-in TV-Tuner to watch CNBC with 6 channel analog audio and a built-in video camera for the internet. It has an option of either a CDRW or DVD writer. It comes with the top of the line ATI 256MB DDR Radeon 9700 graphics adapter, which also has a DVI port so you can extend your notebook to another monitor up to a resolution of 1280 x 1024. By using the notebook accessory VTBook PCMCIA card the user can also extend the desktop to even another high resolution monitor. The VTBook monitor is not suitable for gaming but does work for financial page viewing. That gives the user the potential of 3 monitors. It has an internal turbo 802.11g Wi-Fi wireless connection which allows you to connect to a Wifi access point. It has one year parts and labor limited warranty and is extendable. It has the other options of the Sonata Trading computer, like turnkey installation of your trading software and PCAngel for easy software fixes and total recovery.

So what can you do with this trading computer. First you can connect it on your desk with up to 2 big extended monitors. For example if you use two big Samsung 21.3-inch monitors you can extend your viewing to almost as much space as four 17-inch monitors. You have the screen space to display the necessary charts you need to view. You can also view news sites, chat rooms, order execution pages or anything necessary for trading. You can watch CNBC at the same time. You can watch DVD movies on the notebook in the wide screen format in high resolution.

You can disconnect it from your office and monitors and go portable with a LiON battery. The total computer weighs only about 9 lbs. Use the wireless connection and wonder throughout your house or office. You can take the notebook back and forth from your office and your home. You might want to have one extra big monitor at each location. You can take it with you on trips so you can keep an eye on your portfolio. Most hotels have a 56K telephone connection and many now have high speed internet connections. You can even take it with you on a plane. It will also work in hotspot areas. Many restaurants, even McDonalds allow you to connect to their wireless WiFi. The computer can use a Sprint PCS PCMCIA card to connect to the internet even in your car! In short this computer finally can replace the full desktop trading computer almost anywhere. In short, you're no longer limited by being tied down to your desktop trading computer. You have a portable notebook computer, which has the ultimate in processing power, speed and graphics capabilities. For more information contact Traders World at 800-288-4266 or www.tradersworld.com