

Table of Contents

Objectives / Audience	5
Objectives	5
Audience	5
Introduction	6
Chapter 7: Assets to Trade.....	10
Equity, ETF, and Index Options	10
Regular, Weekly, Quarterly, and LEAP Options	12
Exchanges and Trading Hours.....	15
Portfolio Investing.....	17
Chapter 8: Options Strategies	19
Introduction	19
Spreads	21
Strategies.....	24
Chapter 9: Trade Planning	75
Chapter 10: Trading Psychology.....	76
Chapter 11: Preparation	78
The Thinking Trader Process	78
Conclusion	84
Sources / Further Reading	86
Assets to Trade	86

Exchanges and Trading Hours.....	87
Regular, LEAP, Quarterly and Weekly Options	88
Strategies.....	90
Trade Planning.....	92
Trading Psychology.....	93
Glossary.....	94
About The Authors	95
About Elementum	99