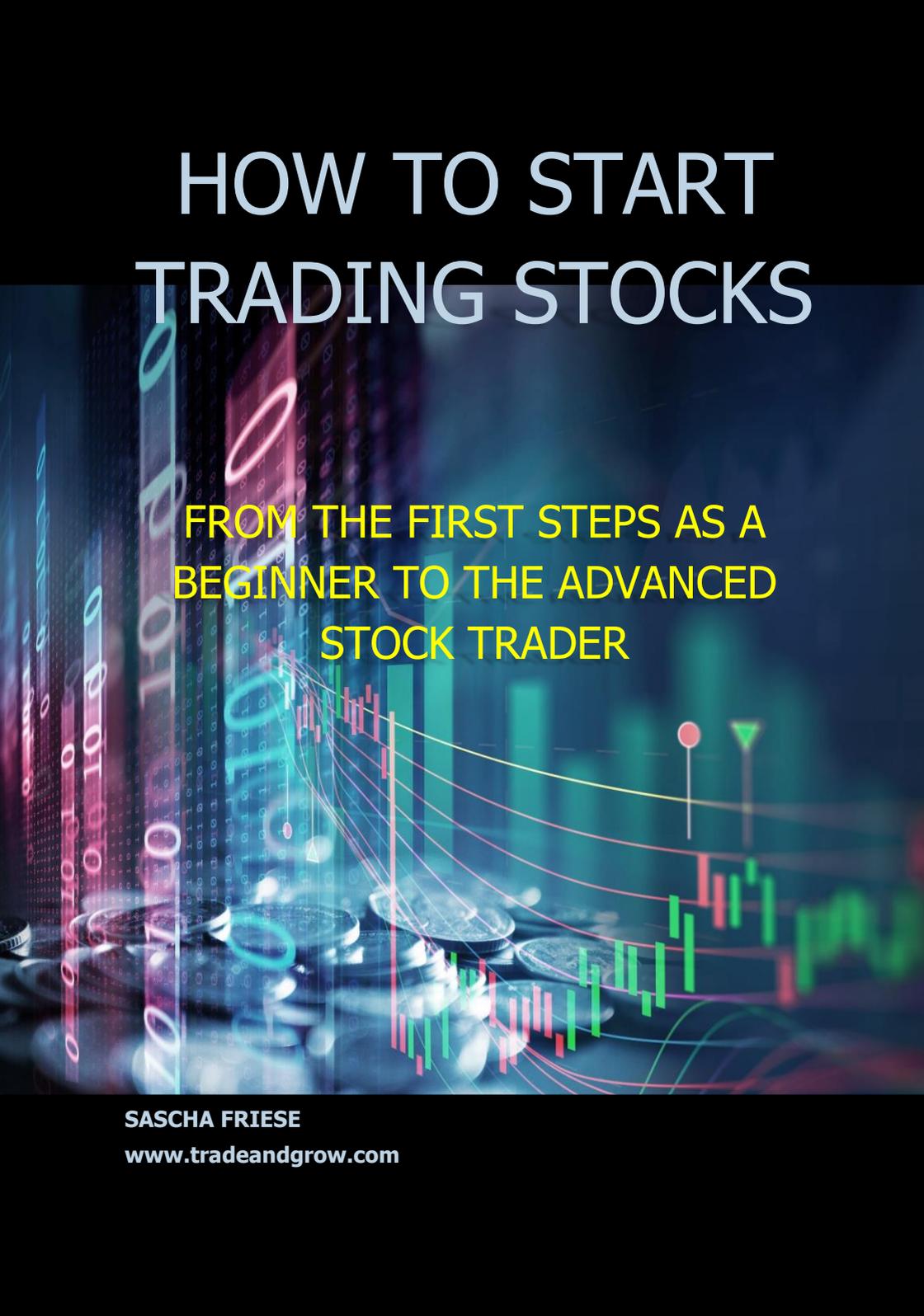


# HOW TO START TRADING STOCKS

The background is a dark, futuristic digital space. It features glowing blue and red lines, binary code (0s and 1s) floating in the air, and a candlestick chart with green and red bars. In the foreground, there is a stack of silver coins, some of which are slightly blurred, suggesting depth. The overall aesthetic is high-tech and financial.

FROM THE FIRST STEPS AS A  
BEGINNER TO THE ADVANCED  
STOCK TRADER

**SASCHA FRIESE**

[www.tradeandgrow.com](http://www.tradeandgrow.com)

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# HOW TO START TRADING STOCKS

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**DETAILED BOOK FOR BEGINNER AND EXPERIENCED TRADERS TO  
TRAIN THE FIRST AND FURTHER STEPS IN TRADING BUSINESS  
ON THE STOCK MARKET.**



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# Introduction

First, allow me to introduce myself. I am a Trader since a couple of years, I decided to start with trading just for fun at the beginning.

Over the years it became more rewarding and more serious to me, I struggled a lot at the beginning and learned so much over that whole time. Even today, I learn sometimes new things, what makes this business so interesting.

I live in Germany and have beside my trading business a full-time job, that's why I need a good time management to satisfy my both jobs. Working in a full time job, every day preparing trades, doing due diligence, charting and further researches is a rough to do list for every day and there is of course some private stuff as well.

I will give you some good tips for a good time management in this book as well, but let's talk step by step. I trade mostly stocks and equities, that's why this book will fit more for stock traders and similar assets like forex, crypto, CFD and ETF.

The reason why my knowledge can be rewarding for most traders is, I had to challenge with so much problems and mistakes before this business got rewarding. That's why I can share a lot of experience today and maybe you will challenge with similar problems and I hope, I can help you with that.

About the content in this book, it will contain the basics for beginners and also knowledge for more experienced traders. The difficulty will increase chapter by chapter to ensure that you really understand the content.

## Introduction

I know there are already a lot of books available out there, but I often recognized that most books or YouTube Videos are only giving you some parts of knowledge. After reading one of this books or watching hours of YouTube Videos, you are still not able to trade, because the information is still only a piece of a big puzzle and some Coaches are only try to get you into an expensive training to learn more about trading.

Imagine you want to learn to drive a car and you want to do your driver license, but the teacher is explaining you how an engine works, how to fill gas in you a car and how to use the navigation system.

Well this information can be helpful, but you are still not able to drive! That´s the point where I want to start. This book can accompany you from the first beginner steps until the first steps of an advanced trader.

Maybe there will be some parts missing you wish to read, if it is that so, you can always ask me directly on TradingView, on my website or simple write me an email if you miss some information after reading this book.

Of course I am always appreciate if you visit my website [www.tradeandgrow.com](http://www.tradeandgrow.com) and also the education and shop sector.

After this words let´s dive into the first points step by step. Have fun to learn trading and take every step serious. Trading is a business which takes time, so take your time and don´t hurry up. The better you are understanding the rules the better your profits in trading can increase.

# Trading tools to download

Before we start with the book, I will share my tools with you. I use them by my own and these can be very helpful for you too in the future.

In the end you will have a complete package with tools and knowledge to start with trading.

To get the tools, go on:

<https://www.tradeandgrow.com/traderpackagelocked>

To get access you need the password you get on the last page, in this book.

The tools are also explained on the Website and with the password you can download them as much as you want.

But if you have some problems you can Email me on:

[tradeandgrow@zohomail.eu](mailto:tradeandgrow@zohomail.eu)

**But now, first things first, let's start with the book.**

# Chapter 1: Day trading or Swing trading

Well, if you are already active in trading you may know already the difference between. Anyway let's talk about what the difference is.

### What is Day trading?

Day trading is simple called the trade(s) you do during in a day, started from opening of the stock exchange until it close. If you open a position and close it during that period (called one roundtrip) it will count as a day trade.

Day trading costs a lot more time and the reward is mostly smaller as in longer trades. But Daytrader trying to do a bunch of trades during one day, this is what makes day trading so rewarding.

### What is Swing trading?

Well I think you can already assume, a swing trade does not necessarily end during one day. You open a position and close it after few days/weeks/months, it depends on your own target and how the trade performs.

This method costs less time and the profit from one trade can be huge, if you do it right. But you capital is long time invested and cannot be used for other trades during that time of course. But you need a good position, otherwise the big profit can be turned into a big loss.

Most Swingtrader are betting more on long positions (uptrend) instead of short positions (downtrend) and Daytrader are betting not necessarily for one specific side. But this is not a rule, it depends more on the current economy. Over the long term,

## Chapter 1: Day trading or Swing trading

stocks are climbing more as they will fall. Considered there is no miss management in the company where you are invested.

I will explain later more about short and long and the rules related to that kind of positions, or you can visit my website to get there more education material.

### **But which technic should you pick to start with trading?**

I propose swing trading for beginners, it is less time exposure and you can more investigate the price action, the chart and the company itself before you execute your trade. This will help you to get a feeling for the market.

Besides mentioned, there is also some tax difference between day trading and swing trading. But due the reason I live in Germany I can only explain them in detail for my country, for the US it is a bit different and you have to inform yourself.

I will not contain tax in this book, but you can ask me on TradingView or write me an Email if I should explain it more for German tax payers. There are also some tips about taxes I can give you, but if your profit is still small you don't have to think about that point right now.

Right now it is enough if you understand, you have to pay taxes for your profits, but you can deduct them with your losses and also with your payed fee. It is always important to collect all your data of every year, to have all costs, profits and losses collected.

# Chapter 2: Reading chart basics

After clarifying what trader you probably want or should to be, it is time to learn some basics about the technical part about trading and how to read charts and price action.

There are so much possibilities and indicators you can use, some are more efficient some are less.

My personal chose in indicators are more basic. I think it is more important to handle the basic indicators in the right way as to use some rocket science indicators which you probably don't understand.

You need also to learn, to keep your chart clean. There is no need to work with 9 different indicators on your chart, which probably say almost the same or give you a bunch of different signals.

Work with around four indicators on your chart, it's more than enough and you can watch the price actions even better.

I will go deeper into indicators in the next chapter, or you can also visit my website [www.tradeandgrow.com](http://www.tradeandgrow.com) and visit the **Education** page, to read more about indicators and other useful stuff.

But in this chapter I will mention the common basics in reading charts, if you are an experienced trader, you can skip this chapter of course.

## Chapter 2: Reading chart basics

Let's talk about basics. In the first step I want to show you a basic chart without any special indicators:



Not much information right? Wrong! There are already so much information in this pictures, you won't believe.

First we see the price action, over a specific time frame in a specific price range. The price is shown in candle sticks, this will show you when a price is starting to trend in one direction, red down, green up, but later more about candlesticks.

## Chapter 2: Reading chart basics

In the next step we can identify some common **bounce points**. For this we will take a look again on the chart and mark the points where the price rebounded:



This lower level can show us where the price could bounce again in the future and is called **support**.

It is helpful to check the chart on different time frames to identify the strongest supports. That's why we take a look on a bigger **time frame** on the same chart in the next page.