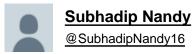
## Twitter Thread by Subhadip Nandy





## Perhaps you have the idea that calling me " 1 lot Nandy" is somehow derogatory and a easy poke at me. Allow me to explain why I look at this moniker as a badge of honour

Sir itseems people call you as "one lot Nandy" .. Is it true?

- Bittu (@nanoobittu) July 16, 2021

I have traded 1 lot continuously twice in my life. The first in 2003 after I blew up on my INFY trade. I traded 1 lot ACC fut consistently and made 50k in a month

The 2nd time in 2013. When I suffered continuous losses for 5-6 months due to a variety of psychological issues. Then I traded 1 lot Nifty options consistently for 3 months. After that 2 lots for next 1 month and slowly increased

I have shared these two incidents on my various interveiws and regularly share this in detail with my handholding students when I talk about trading psychology.

This logic of trading 1 lot to iron out trading issues I learnt from the interview of Anthony Saliba, who traded 1 lot in options for 6 months. BTW, Saliba was the only options trader to have been profiled on the original Market Wizards (I read his interview and used his logic)

Google for "1 lot trader Saliba". Also, read his interview on Market Wizards.

If you ever try to trade just 1 lot for one month, you will understand the level of iron discipline this needs.

I have often advised this to traders who ask me on solving their various trading issues. 90% of traders won't be able to do this. If you can do this, a lot of your trading issues regarding discipline would get solved.

So yes, if you call me " 1 lot Nandy", I consider it a compliment. Thank you

