

**ARMCHAIR INVESTOR<sup>(sm)</sup> MORNING MARKET**  
**NEWSLETTER**  
 A TREND-FOLLOWING STRATEGY

**CURRENT MARKET DIRECTION: UPTREND**

<b>Armchair Investor Trend-following Investment Action:</b>	<b>I hold the QQQ</b> And now the TQQQ
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**Thursday:** GET IN THIS MARKET! China cut tariffs on US imports – that should be a stimulant to US trade. For ideas of hot stocks to buy, go to IBD 100 list at investors.com. Read the Big Picture and stock market today.

**Some other Signs of Market Strength:**

- All 4 indexes leap to all-time highs! (I pay most attention to the Nasdaq and S&P500) but it's great to see the others joining in. See page 9
- The QQQ is up 8.2% this year. See Armchair Investor Trend-following. page 3
- 8 Accumulation days versus only 2 distribution day in the Nasdaq's last 20 trading days! Wow – that is lopsided to the upside! See page 7
- The ratio of rising to falling Leader stocks is a strong 1.8. page 6
- All major indexes are above their 50-day moving average lines. page 6

**Current Signs of Market Weakness:**

- 2 distribution days in 20 trading days. pg 7 That's it? Yawn!
- The market rose Thursday without higher volume – no new accumulation days. (see below)

DAILY MARKET ACTION						
2/6/20	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
Nasdaq	9572.15	+0.7%	-6.8%	-0.1%	Neither	+18.5%
S&P500	3345.78	+0.3%	NYSE Volume		Neither	+14.5%
DJIA	29379.77	+0.3%	-6.5%	+9.2%	Neither	+12.1%

**MY PLAN FOR FRIDAY:** Hold the QQQ. I bought a half position in the TQQQ Wednesday. With a good day Friday, I will probably buy the rest of the TQQQ position. And I am holding a few stocks that are doing well and will probably add more tomorrow!

I keep my original stop orders on my current stocks as they rise. Most of the time I sell my stocks based on weak price-volume action – distribution, etc. . It's time to re-read the SELLING rules in your "How to Make Money in Stocks" book." If you live in the DFW area, please join me for my weekly classes (Monday 7-9 p.m. and Wednesday 10-noon. Visit my [Armchair Investor Meetup](#) site for details and to register as my guest.

# THE ARMCHAIR INVESTOR TREND-FOLLOWING STRATEGY

*A Simple and Powerful Tool to Increase Your Returns*

## Armchair Investor Mantra:

- **Be IN the market** when it is going up
- **Be OUT of the market** when it is going down
- **Protect your portfolio** with 8% stops.

**The primary purpose of this Armchair Investor newsletter is to let you, the reader, earn bigger returns riding the trend of the market.**

By following the best (most reliable) market change signals, you can:

- **Get in the market near the bottom** of a new bull market
- **Exit the market near the top**, and
  - **Capture more of the gains**,
  - **Avoid more of the losses** and, thus
  - **Earn higher returns** than the “buy-and-hold” strategy recommended by many brokers and money managers!

### **Why a “Buy-and-Hold” strategy doesn’t work well:**

When the market has topped and starts to fall, do you really want to let your profits fade away as the market falls – sometimes for years? Of course not! Selling your uptrend position allows you to capture your gains and store them safely away in cash. What is the right time to exit? This newsletter will show you the market’s signal.

**Most downtrends (also called corrections) fall faster than the uptrends rise.**

***I am not willing to sit in a sick, falling market and lose my hard earned gains!*** Cash is a safer position!

Here are the three signals I will give you in this newsletter for the three market conditions:

- **Uptrends:** When the market rises into an Uptrend, buy and hold the QQQ, a stock that rises with the general market.
- **Uptrend showing Weakness:** As a market Uptrend starts to fall, you will receive the signal to exit the QQQ and safely wait in cash.
- **Downtrends:** If the market continues down, you will receive a signal to buy the PSQ, a stock that rises while the market falls.

**FINALLY – For individual stocks:** Use these market signals to help you when buying individual stocks. You increase your likelihood of a successful stock purchase if you only buy stocks when the market is in an Uptrend. Lesson: Don’t fight the market trend!

The Armchair Investor strategy (explained above) is simple:

- Be IN the market when it is going up.
- Be OUT of the market when it is going down.
- PROTECT your portfolio with an 8% stop.

## 2020 ARMCHAIR INVESTOR RETURNS

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS 2020						
Market Direction Changes	Direction	Position	# days	Price	\$ GAIN in each trend (See note)	Total Armchair Investor GAIN since 12/31/2018
12/31/19	<b>Uptrend</b>	Hold the QQQ	37	\$212.61	\$17.58	\$17.58
2/6/2020	Uptrend continues	QQQ		\$230.19		
<b>TOTALS for 2020</b>			37	\$17.58	8.0%	\$17.58

## 2019 FINAL ARMCHAIR INVESTOR RETURNS

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS						
Market Direction Signal Change	Direction	Position	# days	Price	\$ gain this trend	TOTAL GAINS EARNED IN 2019
12/31/18	<b>Downtrend</b>	Cash	4	\$153.33	\$0.00	\$0.00
1/4/2019	<b>Uptrend</b>	Buy the QQQ	129	\$155.60	\$23.15	\$23.15
5/13/2019	<b>Downtrend</b>	Cash	28	\$178.75	\$0.00	\$23.15
6/10/2019	<b>Uptrend</b>	Buy the QQQ	56	\$184.29	-\$2.28	\$20.87
8/5/2019	<b>Downtrend</b>	Cash	8	\$182.01	\$0.00	\$20.87
8/13/2019	<b>Uptrend</b>	Buy the QQQ	56	\$184.94	\$2.02	\$22.89
10/8/2019	<b>Uptrend Weakness</b>	Cash	6	\$186.96	\$0.00	\$22.89
10/14/2019	<b>Uptrend</b>	Buy the QQQ	78	\$191.65	\$20.96	\$43.85
12/31/2019	<b>End of Year</b>	Holding QQQ		\$212.61	<b>YTD Gains</b>	<b>\$43.85</b>
<b>TOTALS for 2019</b>			365			

**HOW CAN YOU CAPTURE THOSE  
GREAT MARKET GAINS SHOWN ABOVE?  
USE THE ARMCHAIR INVESTOR PLAN:  
*It's as easy as 1- 2- 3!***

**STEP 1:** Ride a rising market UP.

**STEP 2:** Protect your investments during a weakening Uptrend

**STEP 3:** Go to cash in a falling market.

This newsletter will identify the market direction, (step 1, step 2 or step 3) and explain what you can do to grow and protect your portfolio.

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**STEP 1:** In an Uptrend, hold the QQQ, a Nasdaq100 ETF

**Find the market direction diagnosis every night in this newsletter.**

- In the Uptrend, buy the QQQ the next morning if you don't yet have that position. This newsletter will alert you to the Uptrend signal! *The QQQ follows the ups and downs of the Nasdaq100, allowing you to grab the rises of an Uptrend.*
- With some additional positive action, you may decide to switch to the double QQQ ETF (QLD) or triple QQQ (TQQQ). I do not recommend these moves for the first time investor.

**Just in case protection:** When you receive your confirmation of the purchase, place an **8% STOP LOSS** order to protect your portfolio from a sudden market reversal (executing this sale is rare – I almost always sell when the market goes into “under pressure” or Downtrend – see Step 2 below). Your broker can help you set up this order.

**This upward ride is the most exciting part of trend-following – Ride the escalator up, up, up as the market rises. Exit when the market starts to show significant weakness (read this newsletter nightly!**

## **STEP 2: When the Uptrend slows down: “Uptrend under Pressure”**

“Uptrend under Pressure” is a Warning Message and means:

- The market is showing significant distribution (selling pressure.)  
**Investors should:**
  - **Be concerned about the strength of this Uptrend.**  
During an Uptrend under Pressure, this newsletter may move into CASH position to avoid possible losses.
  - **Check on the health of your investments each night!** Many investors do not buy new stock positions during this period due to higher failure rates.
- **From STEP 2, “Uptrend under Pressure,”** the market diagnosis will go one of two ways:
  - **Rise** with price and volume strength, and return to **Uptrend – (STEP 1)**, or
  - Continue to add more distribution days and **fall** into a **Downtrend (correction)**
- This is a time to pay attention to the market behavior.

## **STEP 3: When the market diagnosis goes to “Downtrend”**

**Capture much of the gains from the Uptrend by selling your Uptrend ETF position (QQQ, QLD or TQQQ) when the market diagnosis goes into Downtrend to capture much of the gains earned in Steps 1 & 2 above.**

**After exiting the Uptrend ETF, wait in cash** until the next Uptrend signal. More recent Downtrends have been short term and not tradable.

**If the Downtrend is strong, this box will identify a signal to invest in an inverse ETF which makes you profits as the market falls!**

**NOTE: Not every market direction signal ends with a positive return.** But overall, this Market Tracking Strategy has outperformed the market when traded according to these signals.

**BONUS:** Plus the market direction signals will help you by indicating when it is most effective to consider adding individual stocks to your portfolio (with a strong uptrending market).

MARKET FACTORS, COUNTS & RATINGS		2/6/2020	
<b>Type of Day for <u>Nasdaq Index</u></b> Accumulation, Distribution or Neither		Neither	
I track the <u>Nasdaq's</u> price-volume because it usually leads the market direction.			
<b>Market Direction</b> Uptrend, Under Pressure, Downtrend		UPTREND	
<b><u>Nasdaq</u> Accumulation &amp; Distribution Days (last 20 days)</b> Only accumulation and distribution days since the last market direction change are in this count.		<b>Accumulation Days</b> 8	<b>Distribution Days</b> 2
FYI: IBD uses 25 days for their distribution count. I've found the last 20 days to be most relevant. Thus, we don't always match.			
<b>Count of Up Days and Down Days</b> Nasdaq's last <u>10-days'</u> price movement		<b>Up Days</b> 6	<b>Down Days</b> 3
Only days that move at least + or - 0.2% are included in the Up/Down count which does not always, therefore, add up to 10 days.			
<b>Rising/Falling Ratio of Leader Stocks with High Volume</b> Nasdaq 10-day ratio		1.8	
This indicator looks at the HEALTH of leading stocks (high RS) with strong financials Uptrend indicator: 1.5 or higher. Neutral: 1.0 to 1.49. Downtrend: less than 1.0			
<b>Market Accumulation/Distribution Ratings</b> "A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution. Accumulation = Institutions are BUYING, Distribution = Inst are SELLING		<b>Nasdaq</b> B+	<b>S&amp;P 500</b> B
		<b>DJIA</b> B-	
The 9/25/19 market accumulation ratings shown (9/26 not received on data feed)			
<b>Are Major Indexes Above or Below Moving Averages?</b> "At" is within 1% above or below the moving average.		<b>50-Day</b>	<b>200-Day</b>
Nasdaq		Above	Above
S&P 500		Above	Above
NYSE		Above	Above
DJIA		Above	Above

## MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS

(For a full explanation of the terms in this table see end of this newsletter)

#	Date	Close	Index % Change	Volume % Change	Current Trend Day Count	Type of Day: Accumulation, Distribution or Neither (—)	CONSISTENT WITH: UPTREND or DOWNTREND?
<b>A BLACK BOX</b> around the Nasdaq price indicates this is a <b>new all-time closing high</b> – WOW!							
20	1/8/20	9128.74	+0.6%	+3.3%	103	Minor accumulation	UPTREND
19	1/9/20	9203.43	+0.8%	+0.9%	104	Minor accumulation	UPTREND
18	1/10/20	9178.86	-0.3%	-4.7%	105	—	UPTREND
17	1/13/20	9273.93	+1.0%	+5.6%	106	Major Accumulation	UPTREND
16	1/14/20	9251.33	-0.2%	-0.5%	107	—	UPTREND
15	1/15/20	9258.70	+0.08%	-3.5%	108	—	—
14	1/16/20	9357.22	+1.1%	-6.0%	109	—	DOWNTREND
13	1/17/20	9388.94	+0.3%	+7.7%	110	Minor accumulation	UPTREND
12	1/22/20	9383.77	+0.14%	-10.6%	112	—	—
11	1/23/20	9402.48	+0.2%	+0.3%	113	Minor accumulation	UPTREND
10	1/24/20	9314.91	-0.9%	+11.3%	114	Minor distribution	DOWNTREND
9	1/27/20	9139.31	-1.9%	-5.7%	115	—	UPTREND
8	1/28/20	9269.68	+1.4%	-16.57%	116	—	UPTREND
7	1/29/20	9275.16	+0.06%	+5.7%	117	—	—
6	1/30/20	9298.93	+0.3%	+6.0%	118	Minor accumulation	UPTREND
5	1/31/20	9150.94	-1.6%	+10.3%	119	Major Distribution	DOWNTREND
4	2/3/20	9273.40	+1.3%	-9.1%	120	—	DOWNTREND
3	2/4/20	9467.97	+2.1%	+3.9%	121	Major Accumulation	UPTREND
2	2/5/20	9508.68	+0.4%	+0.6%	122	Minor accumulation	UPTREND
1	2/6/20	9572.15	+0.7%	-6.8%	123	—	DOWNTREND

NOTE: This table tracks CLOSING all-time high prices with the heavy black boxes around the price. When the Nasdaq hit a new all-time high on 12/27/2019 but then closed below the prior high of 12/26,

For the MARKET ACTION OVER THE LAST 20 DAYS: Green = Uptrend.  
 Yellow = Uptrend under Pressure (e.g. Uptrend showing weakness)  
 Red = Downtrend (also called correction).



**The Armchair Investor Trend-following Basic strategy uses the QQQ. If you had bought the QLD (double QQQ's) or TQQQ (triple QQQ's) you would have made a much prettier return! But you also have a higher risk when the market reverses!**

ARMCHAIR INVESTOR TREND-FOLLOWING EARNINGS USING SINGLE, DOUBLE AND TRIPLE ETFs				
ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS				
Current Uptrend				
2/6/20	Opening Price on 8/14/2019*	TODAY's Closing Price	ETF % Change Today	Gain or Loss Since 8/13/19 Uptrend Signal
QQQ (1x)	\$185.31	\$230.19	+0.9%	+24.2%
QLD (2x)	\$93.62	\$142.05	+1.7%	+51.7%
TQQQ (3x)	\$59.15	\$108.42	+2.4%	+83.3%

Note: The links to update "TODAY's Closing Prices" in this table were broken recently. The above Closing Prices are corrected. This table tracks the returns you would now have if you had followed the Armchair Investor plan and bought the ETFs listed above at the opening price on the morning after the new "Market in Uptrend" signal.

**>>> The stocks with A or B Accumulation/Distribution ratings lightened up over the last 4 weeks** dropping from 65% of all stocks to **50%**. Still lopsided to A and B rated stocks! (an even distribution would be only 40%)

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS							
. <a href="#">This table will be updated tomorrow</a>							
		A	B	C	D	E	As + Bs
4 weeks ago	1/8	15%	48%	21%	12%	4%	63%
3 weeks ago	1/15	18%	49%	19%	11%	4%	66%
2 weeks ago	1/23	17%	48%	19%	13%	4%	65%
1 week ago	1/30	12%	41%	22%	18%	7%	53%
	2/6	12%	42%	22%	17%	7%	54%
	# stocks in each rating:	726	2566	1486	1221	552	6551

Stocks with an A or B rating are under accumulation (being bought).  
Stocks with a D or E rating are under distribution (being sold).

**AN EVEN SPLIT:** Since there are 5 ratings, each would equally get 20%. When the market shows heavy buying of top stocks, the A and B counts will rise and the D and E counts will fall. When the market is heavily selling stocks, the opposite happens,

**THE SIGNAL:** Notice I have noted the % of all stocks that have A or B ratings.

- When the A+B% rises, I know the market, as a whole, is being bought.
- Any total of A+B's over their "fair share" of 40% (2 ratings out of the 5 possible ratings= 40%) is **good news**. (continued next page...)



**A BETTER SIGNAL** A rising A plus B total is even better! Examine the last column to see the jump in A+B over the last 4 weeks! This means, *if you are looking at the best stocks, there are lots of high performing stocks to consider.*

>>>>Now, go find the strongest stocks, breaking out powerfully from well-formed bases!

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?				
2/6/2020	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	2/6/2020	2/6/2020	2/6/2020	43867.00
All-time High	9575.66	3347.96	14069.43	29372.62
Closing Price	9572.15	3345.78	14034.95	29379.77
Below (-) or Above (+) Recent High (%)	-0.0%	-0.1%	-0.2%	+0.0%

\*New Highs are daily intraday prices and are noted in **green for a week, even if the price drops lower.**

MARKET ACTION 2020 YEAR-TO-DATE			
2/6/20	2019 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	8972.61	9572.15	+6.7%
S&P 500	3230.78	3345.78	+3.6%
NYSE	13913.03	14,034.95	+0.9%
DJIA	28538.44	29,379.77	+2.9%

This yearly table is included for your reference. These returns have little relevance to trend-following returns since trend-followers do not hold during "Downtrends" and may lighten their holdings during "Uptrends under Pressure."

LAST WEEK'S MARKET ACTION				
1/31/20	Weekly Index % Change	Weekly Volume % Change	Volume Above/Below 10-week Avg	Type of Week
Nasdaq	+0.1%	+17.1%	+13.0%	Neither
S&P 500	-1.8%	S&P 500 Volume		Major Distribution
DJIA	-1.0%	+29.7%	+20.0%	Major Distribution

The "TYPEs OF WEEK" are:  
**ACCUMULATION WEEK** PRICE RISES 0.2% or more and VOLUME RISES  
**DISTRIBUTION WEEK** PRICE FALLS 0.2% or more and VOLUME RISES  
 Another type of DISTRIBUTION(\*): WEEK PRICE FALLS 0.2% or more & VOLUME is 15% or more above average even without an increase in volume.  
 The NYSE volume is used for the S&P500, DJIA and NYSE Composite.

**Nasdaq bounces off 50-day moving average line – sign of STRENGTH!**  
**Nasdaq Daily 4 month chart, (updated Tuesday 2/4/2020)**



**Nasdaq Weekly 2 year chart, (updated Tuesday 2/4/2020)**  
**Nasdaq bounces off 10-week moving average line – sign of STRENGTH!**

These charts are from StockCharts.com, a valuable site for investors with many free tools.



# S&P500 Daily 4 month chart, (updated Tuesday 2/4/2020)

**S&P500 bounces off 50-day moving average line – sign of STRENGTH!**



# S&P500 Weekly 2 year chart, (updated Tuesday 2/4/2020)

**S&P500 bounces off 10-week moving average line – sign of STRENGTH!**



These charts are from [StockCharts.com](https://www.stockcharts.com), a valuable site for investors with many free tools

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Wishing you "Many Happy Returns,"  
Charlotte Hudgin, 214-995-6702, Editor, the Armchair Investor

**DISCLAIMER, "Buyer Beware" WARNING:**

This newsletter shares the ideas I use in my investing.  
It is not investing advice but should be taken as education only.  
Your investment decisions are your responsibility as are the results.  
If you are not comfortable with or do not understand a strategy completely,  
I recommend that you paper-trade until you are successful and can sleep well at night.

Questions may be submitted to: [Editor@ArmchairInvestor.com](mailto:Editor@ArmchairInvestor.com)

**See additional definitions on the following pages....**

**EXAMPLE of the DAILY MARKET ACTION table  
with explanation of terms and signals:**

THE DAILY MARKET ACTION						
9/27/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
Nasdaq	7,939.63	-1.1%	+8.5%	-11.0%	Major Distribution	+1.7%
S&P500	2,961.79	-0.5%	NYSE Volume		minor distribution	+3.4%
DJIA	26,820.25	-0.3%	+5.1%	-12.0%	minor distribution	+3.8%

A **Major Accumulation Day**: Price RISES 1.0% or more with higher Volume than the day before.  
A **minor accumulation Day**: Price RISES 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).  
A **Major Distribution Day**: Price FALLS 1.0% or more with higher Volume than the day before.  
A **minor distribution Day**: Price FALLS 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).  
If the day's price/volume action does not meet the accumulation or distribution definitions above, it is a **neither day**.

\*\* The **Recent Trend Gains/Losses** column calculates how far each index has moved from the recent trend change assuming you purchased the index (in an Uptrend) or sold the index (in a Downtrend) at the opening price on the day after the signal. Although not every year outperforms the common "buy and hold" strategy, using these signals has significantly OUTPERFORMED the buy-and-hold strategy in total since 1/1/2000.

**Why are my Final Volumes Sometimes Different than Yours?** Why do the volume numbers on this table not always match other web sites? The 4:00 close of the market immediately shows an accurate final price. But the volume figures continue to trickle in for hours. At some time, the accumulation of volume numbers has to be cut off and different sites use different cut-offs. Also, some sources include the volume of stocks listed on one exchange but traded on another (e.g. Apple stock listed on Nasdaq but also traded on other exchanges.) And some sources do not. The most important rule is to consistently use only one source for volume.

**EXAMPLE and DEFINITIONS used in this newsletter:**

<b>DAILY MARKET ACTION</b>						
10/25/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
Nasdaq	8,243.12	+0.70%	+1.2%	-2.1%	Neither	+5.3%
S&P500	3,022.55	+0.41%	NYSE Volume		Neither	+5.3%
DJIA	26,958.06	+0.57%	-9.2%	-1.5%	Neither	+4.3%
<p>A <b>Major Accumulation Day</b>: Price RISES at least 1.0% or more with higher Volume than prior day.</p> <p>A <b>minor accumulation Day</b>: Price RISES at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).</p> <p>A <b>Major Distribution Day</b>: Price FALLS at least 1.0% or more with higher Volume than the day before.</p> <p>A <b>minor distribution Day</b>: Price FALLS at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).</p> <p>If the day's price/volume action does not meet the accumulation or distribution definitions above, it is a "<b>Neither</b>" day.</p>						
<p><b>Why are my Final Volumes Sometimes Different than Yours?</b> Why do the volume numbers on this table not always match other web sites? The 4:00 p.m. close of the market immediately shows an accurate final price. But the volume figures continue to trickle in for hours. At some time, the accumulation of volume numbers has to be cut off and different sites use different cut-offs. Also, some sources include the volume of stocks listed on one exchange but traded on another (e.g. Apple stock listed on Nasdaq but also traded on other exchanges.) And some sources do not. The most important rule is to consistently use the same source for your volume.</p>						



## **DO YOU INVEST IN INDIVIDUAL STOCKS?—**

**Always consider taking some profit if significant distribution is showing up for your individual stocks.** However, many individual stocks are rising with gusto! Look at all the lists in the Investor's Business Daily newspaper for stocks breaking out with high volume. **They are there!**

**To get a deeper sense of the health of the market, look at the MARKET FACTORS, COUNTS & RATINGS table** included each day in the FULL Armchair Investor newsletter. It looks at 7 key market direction factors and highlights the leaning of each:

- If the factor leans toward the **Uptrend**, that box will be **green**
- If the factor leans toward the **Downtrend**, that box will be **orange** or **red**

**To schedule a class visit: Contact Charlotte Hudgin at 214-995-6702**

One of the reasons I pay so much attention to the Investor's Business Daily strategies and books (*How to Make Money in Stocks* series) is that they work consistently.

### **Visit an ARMCHAIR INVESTOR CLASS**

We have 2 live classes given each week in Dallas and one on-demand ONLINE class. Visit a class as my guest

- [Monday nights 7 – 9 p.m.](#)
- [Wednesday mornings 10:00 a.m. to noon](#)
- Monday and Wednesday classes meet in north Dallas.
- Online classes and consultations available by appointment – **Call me for a FREE introduction!**

**Newsletter readers get a FREE class visit:**

Monday evening, or Wednesday morning in Dallas OR another time online.

Call or text me to set up your visit.

**Pre-REGISTRATION REQUIRED FOR YOUR FREE VISIT**

Just Call or Text me: 214-995-6702

**CALL EARLY: Seating is limited to no more than 3 guests at each session to ensure the paid subscribers receive full value.**