

PREFACE

*This book isn't about quitting your job. It's about
not quitting on yourself.*

I didn't set out to become a trader.

Like most professionals in India, I built my life around my job; the deadlines, the promotions, the appraisals, the ever-shifting targets.

I followed the textbook path. MBA from IIM Lucknow, mid-management roles at global firms, consulting Fortune 500 companies on process improvement and transformation. A Lean Six Sigma Master Black Belt. A professional statistician. A planner by nature.

And yet, for all that structure and success, I felt one thing missing: *control*.

Control over my time. My money. My stress. My future.

The idea of trading came to me not as a side hustle, but as a silent rebellion.

A whisper that maybe, just maybe, I didn't have to live paycheck to paycheck, role to role, appraisal to appraisal.

But learning to trade while working 12–14 hour corporate days?

That wasn't easy. It was chaotic, confusing, overwhelming. Most of what I found online didn't speak to people like me, people who had meetings at 9:30 AM, not charts to watch.

THAT'S WHY THIS BOOK EXISTS.

It's not a system I created in hindsight, looking back from a position of freedom. It's a system I built from the trenches, during coffee breaks, midnight journaling, weekend reviews.

This book is the distillation of every lesson I learned as an exhausted employee and an emerging trader.

It's the book I wish I had back then.

Because I know exactly what you're going through.

You want to trade. You believe it's possible. But the time isn't enough, the pressure is too high, and the fear of losing money, or worse, wasting time, keeps pulling you back.

This book won't magically remove those fears. But it will give you something stronger. Structure. Rhythm. A system that fits around your job, instead of fighting it.

You'll read stories of others like you. IT professionals, marketing managers, team leads, parents, analysts. Who didn't quit their jobs, but still found a way to trade profitably.

You'll discover that you don't need to be full-time to be consistent, or to generate regular, consistent income from trading.

You'll understand that freedom isn't about quitting your job. It's about no longer needing it to feel safe.

And if you follow what's inside this book, with patience, discipline, and honesty, you'll build something far more powerful than profits. You'll build peace.

I know, because I did.

I survived a layoff without panic. I walked away from a high-paying role with clarity, not desperation.

Not because trading made me rich overnight. But because it made me ready.

So before you dive in, I want to thank you, for trusting this book, and more importantly, for trusting yourself.

There's no right way to read it. Some will go cover to cover. Some will skim through what's relevant. That's okay.

But promise me this: *don't just read it. Work with it. Test it. Live with it. Let it evolve with you.*

Your job pays your bills.

But trading, done right, can build your future.

And this book is your blueprint for exactly that.

- *Sachin Naik*