How do I un-follow stock market? Escrito por nickdepp - 27/06/2018 07:31
Hello,
I have lost about \$120k since I started investing in stock market. Currently, I sold all my stocks and focusing on my off credit card and student loan debts. I love to watch CNBC and go online to chat in message board about stocks. I wake up 6am and will watch CNBC throughout the day until 7 PM after Jim Cramer show ends. I feel life is boring when i'm not following stocks and get really bored with life. Deep down, I know I have an unhealthy obsession with watching CNBC and reading too much about stocks. I have replaced stocks with enjoying other aspects of life like having a girlfriend and making friends. I know the first suggestion will be get professional help but I want this is the last resort. Does anyone have suggestion on how to "separate" myself from following stock market?
Any help will be apprecited.
didn't find the right solution from the Internet.
References: https://www.bogleheads.org/forum/viewtopic.php?t=248094 Creative infographic design agency
Thank you.