

10 Recession Trading *Strategies*



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TimingResearch.com

Lighting Round #2:

10 Recession Trading Strategies

Thank you for downloading this document! For almost 9 years now, I have been building TimingResearch.com as a resource to help people learn more about trading and investing from a variety of the world's top educators.

On July 26th, as I was listening to news about the US possibly entering a recession I decided to ask several of my favorite trading educators to share their ideas and opinions about trading in a recession. Over the last week I have collected 10 presentations; all were recorded between July 29th and August 8th, 2022.

In this PDF you can read summaries of these presentations and click through to the ones you want to watch in full, or you can immediately access the list of videos [HERE](#).

Feedback, comments, questions? Simply reply to any TimingResearch.com email or use the contact form [here](#).

Thank you,
-David J. Kosmider
Founder of TimingResearch.com

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Norman Hallett

Site: TheDisciplinedTrader.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 6 minutes

Summary: Norman's primary focus as an educator is on the mental and emotional (trading psychology) side but also has been an active trader himself for over four decades. Norman's presentation focuses on two markets that he looks at in times of recession that are not what you might expect. He notes that while most people are looking closely at gold and silver, during recession or other turbulent times, he likes to look at soybeans and copper. He goes on to explain in detail the properties of these markets that make them so attractive on [potentially profitable during a recession](#).

Bio: Norman Hallett has been a trader and trading educator for over 4 decades. From 1981 to 1988, he ran one of the largest options firms in the country and later worked as a commodities specialist for Paine Webber. In 1991 he formed the Hallett Group, managing large trading accounts for individual investors as a Commodity Trading Advisor. He currently owns and operates The Disciplined Trader, founded in October, 2000, where he focuses on helping traders with the too-often-neglected area of mental and emotional control and the building of Simple Trading Plans. He has over a million views of his "4-Minute Drill For Traders" where he gives tips and techniques for being a more successful trader.

Anka Metcalf

Site: TradeOutLoud.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 11 minutes

Summary: Anka starts her presentation by pointing out that educated and diligent traders and investors can win in a recession. Anka then provides a variety of tips to build wealth in a recession. One is that commodity ETFs often outperform the market. Another is that consumer staples can also be a safe bet during a recession. She goes on to discuss several stocks that she's watching for big moves during difficult economic times now and potentially [any future recession](#).

Bio: Anka Metcalf is a professional trader with 20+ years of trading experience in STOCKS and FUTURES who spent over a decade working in investment banking prior to becoming a full time trader. She is the Founder and CEO of TradeOutLoud.com, an international trading education company designed to help any level trader fast track their trading and achieve their trading goals. She is an expert day trader, swing trader and active investor with a precise approach to Daily Income Style and Wealth Generation Trading, delivering results in any market environment.

The Option Professor

Site: OptionProfessor.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 11 minutes

Summary: The Option Professor starts his presentation with his assessment of current market conditions, then talks what what people are still going to keep buying even if they have to cut back on their spending. Some of these would be energy, healthcare, and consumer staples. Strong dividend paying companies are another area that do well in a recession; Johnson & Johnson (JNJ), for example. He goes on to provide several more examples of stocks and industries that [typically do well in recessions](#).

Bio: The Option Professor has over 35 years experience, he is a graduate of Boston College and trained at Options Institute At The Chicago Board Options Exchange (CBOE). He has traded thousands of option contracts in all market conditions and has spent year training other options traders to do the same.

Melissa Armo

Site: TheStockSwoosh.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 17 minutes

Summary: Melissa starts her presentation with the reminder that during difficult market situations it's important to be selective about when you enter a trade. She explains that recessions are not good times to enter long term investments because the market could drop even more. However, the choppiness of the market can still make a trader a lot of money with her gap system that follows institutional money. Melissa also suggests that now is a good time to take your profits quickly, and the markets can move against you quickly. She goes on to show several more examples of [how she has been taking trades recently](#).

Bio: Melissa is the Founder and Owner of an international educational company where she teaches people how to successfully trade the stock market. The method she teaches is unique to The Stock Swoosh, LLC. and is based on one strategy called Golden Gaps which pinpoints institutional money in the stock market. She appears on TV as an expert stock market analyst discussing the market, stocks, news, and world events on Fox News, Fox Business Network, and more.

Dan Passarelli

Site: MarketTakerMentoring.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 12 minutes

Summary: Dan starts his presentation explaining that traders need to remember that things have changed and the strategies they have been using may not work any more, “all strategies work until they don't,” but good traders change with market conditions. Dan then looks back over the past 10+ year bull market and shows how easy it was to make money but pints out that the situation has changed and different skills are needed. Next, Dan explains that in his experience no one learns to trade options “in a vaccum” – by themselves – a community or coach is always needed to help someone become a successful trader. Finally Dan talks about some types of options trades that do work in a recession, including [volatility trades and time spreads](#).

Bio: Dan Passarelli is an author, trader and former member of the Chicago Board Options Exchange (CBOE) and CME Group. Dan has written two books on options trading — “Trading Option Greeks” and “The Market Taker’s Edge.” He is also the founder and CEO of Market Taker Mentoring, Inc., a leading options education firm that provides online options education, options newsletters and personalized, one-on-one coaching for option traders. Dan also contributes to financial media such as TheStreet.com, FOX Business News, Bloomberg Television, BNN, Public Radio (NPR), and the CBOE blog. And he has a weekly featured video on CBOETV.

Sunny Harris

Site: MoneyMentor.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 9 minutes

Summary: Sunny focuses her presentation on how she trades futures and stocks using her SunnyBands indicator and 3 moving averages. She next shows how her SunnyBands work on multiple time-frames, from long-term down to 15 minute charts and shows the different profit potential for different time-frames. She explains that this is why she is both a traders and investor and takes both long and short trades so she can [profit in all market conditions](#).

Bio: Sunny J. Harris has been trading since 1981. She is a computer programmer and Mathematician, having used TradeStation since the early SystemWriter™ and SuperCharts™ days in the 1980s. Besides TradeStation, Sunny has also used MetaStock, Genesis Navigator, NinjaTrader, TC2000, VantagePoint and MultiCharts (and more) in her own trading. In addition to full-time trading, Sunny continues to write more trading books, and provide consulting for individual and institutional clients, including custom tailored mentoring and custom programmed indicators and strategies. Sunny also has a new podcast, titled The Sunny Harris Show! with Samuel K. Tennis.

Valerie Fox

Site: TradeFocused.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 10 minutes

Summary: In this presentation Valerie reveals her top 3 tips for focusing on what you can control with your trading. Her advice applies to trading in any market and in any environment, but it also becomes especially important when trading during a recession. The first is that trading is all about probabilities over time. It's not about prediction. It's not about being right. It's not about beating the market. It's not about winning every trade. The second tip covers how to keep your losses small. The final tip is a detailed explanation of how and why you should follow as "[single strategy, using a documented trade plan.](#)"

Bio: Valerie started her first trading endeavors in 2011 as a means to achieve time and financial freedom, and she has been trading forex for over a decade now. Thanks to years of relentless effort with trading, various strategy exposure, and a lot of backtesting, Valerie was able to finally create her own personally aligned trade plan and optimize it for maximum profitability. Now, she uses this same method to turn her life into one of trading freedom, entrepreneurship, and helping others. This freedom has allowed Valerie and her family to move around the world and live a life of adventure.

Price Headley

Site: BigTrends.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 15 minutes

Summary: Price's video covers two separate options trading strategies for traders to consider during a recession. Both use credit spreads and have had an 82% win rate over the last year. The first is a momentum strategy and the second is a reversal strategy. Price provides a detailed explanation of how he uses options in both of these cases to [profit from market moves](#).

Bio: Price Headley created BigTrends.com in Lexington, KY in 1999. He is a graduate of Duke University and author of "Big Trends in Trading: Strategies to Master Major Market Moves." Price was inducted into the Traders' Hall of Fame in 2007 and appears regularly on CNBC, Fox News and Bloomberg Television, and in a variety of print and online financial news outlets, including The Wall Street Journal, Barron's, Forbes, Investor's Business Daily and USA Today. Price also speaks regularly to investment audiences nationwide.

Casey Stubbs

Site: TradingStrategyGuides.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 6 minutes

Summary: Casey's presentation focusing on how to find good trades when the market has been down. He talks about the importance of a long-term perspective and during weekly charts to cut through the noise you get on a shorter time frame. He talks about the conditions he looks for in market moves and certain indicators to show when a market is starting to head back up and it's a good time to [look for bullish trades](#).

Bio: Casey Stubbs is the founder of Trading Strategy guides along with several other trading related businesses. He is also the host of the How to Trade It Podcast.

Leslie Jouflas, CMT

Site: TradingLiveOnline.com

Watch: [Full analysis video CLICK HERE!](#)

Listen: [Audio-only podcast version HERE.](#)

Duration: 15 minutes

Summary: Leslie starts her presentation with an overview of recessions historically, and importantly how long on average recessions tend to last. She presents a chart of the yield curve showing the current inversion signal. Next, she shows us the 11 stock market sectors, and how they relate to the business cycle phases, and recessions. This information will [help investors with a rotation-focused investment strategy](#).

Bio: Leslie is a Chartered Market Technician holds the CMT designation, the gold standard for technical analysts around the globe. She has over 20 years of experience in the financial markets developing trading methods with harmonic and classic technical analysis chart patterns. She authored the best-selling book, Trade What You See, How to Profit from Pattern Recognition along with Larry Pesavento.

Also, be sure to download the first Lightning Round PDF:

[7 Stocks Top Investing Experts Are Buying Now](#)

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