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How To Think Like A Fantasy Football Winner

HOW TO THINK LIKE A
FANTASY FOOTBALL
WINNER

BY C.D. CARTER



Synopsis

A psychological boot camp for fantasy footballers, "How To Think Like a Fantasy Football Winner" takes lessons from poker, sports, psychology, and neuroscience to help fantasy owners embrace a winner's objectivity and cope with luck's short-term impact.

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Customer Reviews

The lessons from this book can be summed up in two points: 1) Remove emotion from your fantasy football decisions. 2) Don't feel bad about doing whatever it takes to win. My biggest problem is that I'm not sure who the target audience is. The author does a good job of explaining cognitive biases that can hold fantasy owners back (e.g. falling in love with a player or draft plan, failing to recognize the role of luck, etc.). He also explains that to play like a winner, an owner has to be willing to be ruthless by, for example, trading for a role player before that player's owner knows the starter is injured. He emphasizes that this strategy is for people who care about winning, not for people playing fantasy football just to connect with friends or to have a reason to watch every game on Sunday. Both themes are true in and of themselves: human beings are saddled with all sorts of biases that cloud their thinking when it comes to fantasy sports, and if you want to win, you can't be

friendly. The first theme is great for fantasy neophytes and casual fantasy players. I've seen lots of friends (as well as myself) succumb to many of those biases, such as favoring a player on their favorite team or refusing to select a player at any price who burned them the previous year. I would hope, however, that serious fantasy players, those playing in really competitive leagues or for significant amounts of money, would already recognize most of these biases and have ways to overcome or at least mitigate them. That leads into the second theme. Ruthlessness and deceit are great traits if you are in an ultra-competitive league or have a lot of money at stake. But like Carter says, these strategies aren't for those who are just in a league to connect with buddies or to have something to do Sunday afternoon. On the one hand then, you have the theme of objectivity for casual fans and on the other you have cutthroat tactics directed toward the most serious fantasy players. It seems that the book is directed toward one type of fantasy player: the one whose leaguemates think they're just in it for fun while he can't wait to dominate them. This guy as a dick. And despite Carter's many protestations about how he is in real life, it kind of makes him come off as a dick as well. All that being said, the book is well-written and does a good job of describing some arcane topics. As two standalone pieces, I probably would have enjoyed both. Overall it was worth the \$4 and two hours I spent on the book.

"How To Think Like A Fantasy Football Winner" offers clear insight into the mind of fantasy football players of all sorts - from the casual player who joins a league or two to be social, to the players who want to win but don't know how, to full blown obsessive degenerates (such as myself) who, despite knowing better somewhere deep down, allow fantasy football to control a large chunk of our free time during the NFL season, scan the web for injury updates, team news, coaches' quotes, or lineup advice, and allow our moods to fluctuate based on the outcome of things that we cannot control. I smiled and nodded many times throughout the book as I felt that Mr. Carter had managed to peer into my brain and broadcast thoughts and emotions that I have felt throughout my last few years as a fantasy junkie. I was elated to learn that, without spelling it all out in the clear and seamless way that he does here, I had on my own learned to employ at least some of the tactics in this book over the years, but that was through experience and much emotional toil. I would have loved to have read this book when I started playing, for sure. But I loved it now anyway, even as a semi-experienced player, and there was plenty of wisdom to grab on to and adopt. Fantasy football beginners should love this book for its insights and advice. Those with some experience who want to up their game will find it extremely helpful, either as a primer for pre-season or a debrief for the post-season. Even accomplished veterans will find applicable tips on the mental side of the game.

(the one side we can try to control), or at the very least love the book if only just to share and commiserate in its stories and advice that oh so many players have felt and been a part of. Carter's writing is astute and entertaining, and by the end of this book you'll know what type of player you want (or don't want) to be.

If you've ever sat back on a Monday night lamenting a gut wrenching fantasy football loss and asked yourself "why in God's name did I do that?" then C.D. Carter's latest effort is a must read. Drawing on lessons learned by professional poker stars and stuffed full of research from academics, "How To Think Like A Fantasy Football Winner" answers the age old question of "why?" as it relates to the fake pigskin. The book is an enjoyable, informative read from start to finish that I highly recommend to the beginner and expert alike.

Rather than bombarding readers with statistics, C.D. Carter examines fantasy football through a wider lens. His anecdotes and their messages are unlike the industry's standard, time-sensitive articles that are normally defunct just one week later. He provides you with tools that will remain useful for a lifetime. Carter takes you on a journey that draws from his own experiences and may be uncomfortable at times, but ultimately illuminates a path that leads to becoming a winner. If you're committed to developing a winning mindset that not only sharpens your game, but stretches beyond fantasy sports, then look no further than *How To Think Like A Fantasy Football Winner*.
Kyle Wachtel
Staff Writer at Footballguys

My favorite fantasy football podcast I listen to is *Living the Stream* co-hosted by Denny Carter. His approach to the game of fantasy football is so unlike the majority of analysts and so called "experts." Like in the podcast, *How To Think* is an objective look into how we can improve the way we play the game. Most fantasy writers will tell you "X player is going to be great and Y player will be bad." Carter would be one to tell you that such labels are poison to how you think about the game. When applying psychological theory and a poker mindset, you can remove a loser's mentality and truly become the winner in this meaningless but tremendously fun game of fantasy football.

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