

CONTENTS

Chapter 1	Why Cycles Exist in the Market	1
Chapter 2	Cycle Basics	17
Chapter 3	Principles of Cycles	25
Chapter 4	Moving Averages	43
Chapter 5	Momentum Functions	57
Chapter 6	Measuring Market Spectra	69
Chapter 7	MESA Description	79
Chapter 8	The Sinewave Indicator	93
Chapter 9	The Instantaneous Trendline	105
Chapter 10	Making Standard Indicators Adaptive	117
Chapter 11	Trading the Cycle Mode	131
Chapter 12	Profitable Stock Market Systems	143
	Glossary	159
	For More Information	165
	Index	167