**Enrique Abeyta**

The single-best long-buying opportunities for traders happen in bear markets, NOT bull markets.

Investors need to decide what kind of investor they are – short-term or long-term. Investors like to think they’re long-term focused, but act on short-term thoughts. That leaves them caught in the middle. Enrique says “either trade a lot or not at all.”

**Buying Great Stocks – Taking a Breather**

Step 1: The company needs a long-term uptrend. Enrique looks at the long-term moving average and RSI signals.

Step 2: Operational momentum. Companies growing and beating earnings tend to go up. The opposite is true for companies that go down.

Step 3: Big, Liquid Stocks. High volume means easy to get in and out.

Step 4: Buying extremes. Buying stocks at significantly extreme oversold levels (as measured by the RSI).

Step 5: Buy low, sell high. Stocks tend to move back towards prior levels – look to sell after they have retraced that oversold drop. But make sure you sell when the run is done or nearing its end, so you don’t get caught holding when the bear market strikes again.

This strategy works in bear markets. Investors can take advantage of the volatility. Bear market rallies are violent – meaning huge moves in a short period of time.

It also works in bull markets, where there are fewer losers. It also works in crazy markets – this plan crushed it in 2020 when volatility was at its peak. Trading, when well-executed, can be extremely successful – especially in bear markets. Hit “singles” over and over again.

*Empire Elite Data* gives investors access to the screening process, and Enrique picks the best of the bunch for *Empire Elite Trader*.