**Gareth Soloway**

Gareth says we’re in a bear market and times are scary. But he sees opportunity.

Gareth is the CFO of inthemoneystocks.com. He’s also a portfolio manager and founder of Soloway Advantage Capital – his hedge fund.

He started from humble begginings but loved the markets ever since his first lesson In high school.

Charts are a replication through human emotion. And here’s the keys to trading:

1. Personal discipline
2. Market Phycology
3. Read the charts

Gareth then goes into a couple examples of technical trading. In November 2021, bitcoin went through a double top, while many people thought it was breaking out. The problem was that bitcoin never had two consecutive closes above prior highs to confirm the breakout.

When anyone is long or short something, the opposite usually happens. It pays to be a contrarian.

Gareth bet on oil falling when it broke out earlier this year, and he was ultimately right by comparing the move in oil to 2009.

A head and shoulders pattern can determine, almost to the dollar, of where stocks can rise or fall. You can see this pattern in bitcoin and also in a new crypto called Quant.

You have to assume that the market will move lower because it still hasn’t even hit the pre-COVID high.

The forecast that Gareth has will say that markets will not hit new highs for the next ten years. We will likely see a sideways market. You can compare this to the Brazilian stock market.

Again, human emotion doesn’t change. You can look at charts to determine where assets will go in the future.

The Fed has pulled forward so much growth and we’ll see high inflation going forward – about 4% or 5% in the years ahead.

Gareth is very bullish on gold. The metal is following a similar pattern to the 1970s where gold 10x. Gold could be in for a major move higher.