

INVEST SMART



**THE BEGINNER'S BLUEPRINT
TO BUILDING WEALTH
WITHOUT THE STRESS**

by

Antoine Glenisson

QUANTITRADING.com



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You can find more about QUANTI TRADING on the website

www.quantitrading.com

MEET THE TEAM



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Independent trader since 2006
Graduate “Financial Investment Advisor”
Swing Trading Specialist, certified by the AMF
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1,200+ members in 12+ countries



Antoine Glenisson

Manager of English-speaking community
Trader and Investor for own account
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Quanti Trading Insight

We never have access to our members' money. You invest through your own brokerage account. This is an investment education club, not a hedge fund.

WHO THIS GUIDE IS FOR

This guide is for you if:

- You want to start investing but feel overwhelmed by jargon, charts, and contradictory advice
- You've tried investing before and got burned, or gave up because it felt too complex
- You have between \$1,000 and \$100,000 you want to put to work, and you don't want to gamble it
- You want a clear, structured path, not "10 hot stocks to buy now"
- You want to build wealth over 10, 20, or 30 years, not get rich overnight

If that sounds like you, keep reading. This guide will give you exactly what you need to start investing with confidence, and avoid the mistakes that cost most beginners their first years of progress.

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Disclaimer

Key Investment Terms

01

THE TRUTH ABOUT BUILDING WEALTH

KEY TAKEAWAY —

Saving is not enough. Inflation silently destroys the purchasing power of cash. Only investing lets your money grow faster than the cost of living.

The inflation trap

Most people believe that keeping cash in a savings account is "safe." It's not.

Here's the math almost no one shows you:

Average savings account interest ~0.5% per year

Average inflation ~3% per year

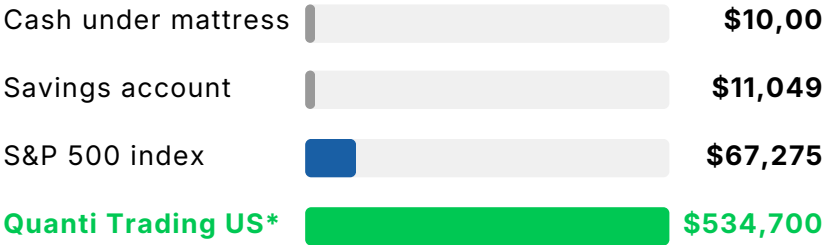
Real return on your cash -2.5% per year

If you keep **\$20,000** in a bank account for 10 years, you lose roughly **\$4,600 of purchasing power** — even though the number on your screen stayed the same.

 **THE NUMBERS**

\$10,000 invested for 20 years

What your money becomes, depending on where you put it



**Based on 22% average yearly return 2006–2025. Past performance does not guarantee future results.*

The only real question

Do you want your money to **lose value silently** every year, or do you want it to **grow faster** than inflation?

That's the whole point of investing.

Quanti Trading Insight

Our members keep 3–6 months of expenses in a savings account as a safety net, and invest the rest using our quantitative portfolio. This combination gives them peace of mind and long-term growth.

5-Minute Action

Check your current savings account interest rate. Then compare it to the current inflation rate in your country. If inflation is higher, you're losing money right now. This guide will show you what to do about it.

SAVING VS INVESTING

KEY TAKEAWAY

Saving and investing serve different purposes. You need BOTH, but for different reasons.

The fundamental difference

	SAVING	INVESTING
Purpose	Preserve capital, short-term needs	Grow capital, long-term wealth
Time horizon	0-2 years	5+ years
Risk	Very low	Moderate to high
Return	0-4% per year	6-22% per year
Liquidity	Instant	Varies
Beats inflation?	Usually no	Usually yes

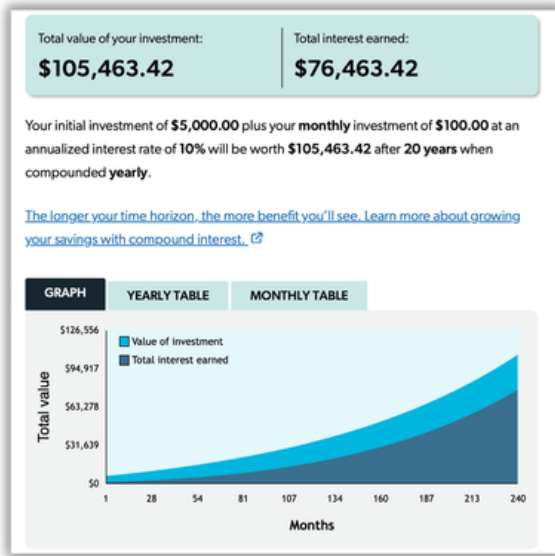
The rule of thumb

Emergency fund (3-6 months of expenses) → savings account

Short-term goals (1-2 years) → savings or bonds

Long-term wealth (5+ years) → investing

Saving protects you. Investing makes you wealthy. Confusing the two is the #1 financial mistake beginners make.



Example of a 20-year investment with a 10% annual return using the effect of compound interest

💡 **Quanti Trading Insight**

Most of our members keep 3-6 months of living expenses in a savings account as a safety net, and invest the rest using our quantitative portfolio. This combination gives them peace of mind AND long-term growth.

✓ **5-Minute Action**

Calculate your monthly living expenses. Multiply by 3. That's your minimum emergency fund target. Any money beyond that is candidate for investing.

02

THE 5 INVESTMENT VEHICLES THAT ACTUALLY MATTER

KEY TAKEAWAY —

You don't need to understand 50 investment products. Understand these 5, and you have 95% of what matters.

TYPES OF INVESTMENTS



Shares

When you buy a stock, you become a partial owner of a company. You profit in two ways:

- Capital gains when the stock price rises
- Dividends when the company pays out profits

Best for: long-term growth, wealth building

Risk: prices can drop 30-50% in a bad year

Bonds

You lend money to a government or company. They pay you regular interest and return your capital at the end.

Best for: stability, regular income

Limitation: lower returns (2-5%/year), barely beats inflation

ETFs (Exchange-Traded Funds)

A basket of stocks (or bonds) bundled into one product.

Example : an S&P 500 ETF gives you exposure to the 500 largest US companies with a single purchase.

Best for: instant large diversification, low fees

Limitation: you get market average, not market-beating returns

Real Estate

Physical property (rental apartments, houses) or REITs (Real Estate Investment Trusts, real estate accessible via the stock market).

Best for: passive income, inflation hedge

Limitation: high entry cost, low liquidity, management required

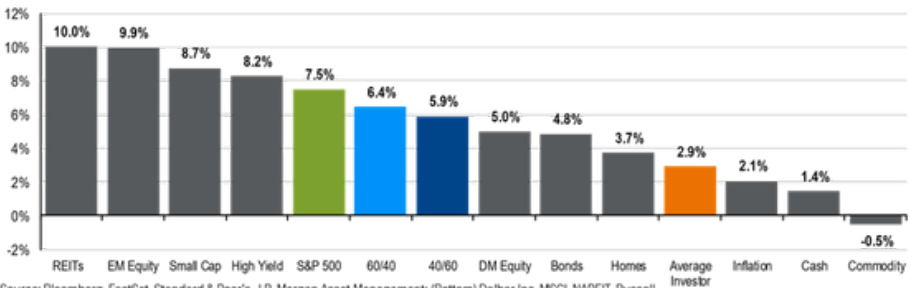
Alternatives (commodities, crypto, etc.)

Gold, silver, oil, Bitcoin, collectibles. These can diversify a portfolio but should remain a small portion (typically less than 10%) for most investors.

Best for: diversification, inflation hedge (gold), asymmetric bets (crypto)

Risk: high volatility, no cash flow, speculative

20-year annualized returns by asset class (2001 – 2020)



Source: Bloomberg, FactSet, Standard & Poor's, J.P. Morgan Asset Management; (Bottom) Dalbar Inc, MSCI, NAREIT, Russell. Indices used are as follows: REITs: NAREIT Equity REIT Index, Small Cap: Russell 2000, EM Equity: MSCI EM, DM Equity: MSCI EAFE, Commodity: Bloomberg Commodity Index, High Yield: Bloomberg Global HY Index, Bonds: Bloomberg U.S. Aggregate Index, Homes: median sale price of existing single-family homes, Cash: Bloomberg 1-3m Treasury, Inflation: CPI 60/40: A balanced portfolio with 60% invested in S&P 500 Index and 40% invested in high-quality U.S. fixed income, represented by the Bloomberg U.S. Aggregate Index. The portfolio is rebalanced annually. Average asset allocation investor return is based on an analysis by Dalbar Inc., which utilizes the net of aggregate mutual fund sales, redemptions and exchanges each month as a measure of investor behavior. Guide to the Markets - U.S. Data are as of February 22, 2022.

💡 Quanti Trading Insight

Our core approach focuses on stocks, specifically, undervalued US stocks identified through quantitative screening. Why? Because over 20+ years, stocks have historically delivered the highest long-term returns when selected with discipline. The Quanti Trading US portfolio averages 22% per year since 2006 using this focused approach.

✓ 5-Minute Action

Pick one vehicle that matches your current knowledge level. For most beginners, it's either ETFs (for simplicity) or stocks (for higher growth potential). Don't try to master all 5 at once.

03

THE 4 STRATEGIES THAT ACTUALLY WORK LONG-TERM

KEY TAKEAWAY —

Forget day trading, momentum chasing, and "hot stock tips." Only a handful of strategies have delivered consistent long-term returns — and all of them share one trait: discipline.

Strategy 1 - Index Investing (Passive)

What it is: Buy ETFs that track major indexes (S&P 500, MSCI World) and hold them for decades.

Expected return: ~8-10% per year (historical S&P 500 average - before possible taxes and broker fees)

Pros: Simple, cheap, proven

Cons: You get the market average. You can't beat it. You also fully absorb market crashes (-38% in 2008, -19% in 2022).

Best for: Total beginners who want zero decision-making.

Strategy 2 – Dividend Investing

What it is: Buy stocks of stable, profitable companies that pay regular dividends (ex: Johnson & Johnson, Procter & Gamble, Coca-Cola). Reinvest the dividends to compound over time.

Expected return: ~7-10% per year + dividend yield (~3-4%)

Pros: Regular income, lower volatility, good psychology (you "see" cash coming in)

Cons: Slower growth than aggressive strategies, concentrated in mature sectors

Best for: Investors who want stability and passive income.

Strategy 3 – Value Investing

What it is: Buy stocks of companies that are undervalued, trading below their real worth. Made famous by Warren Buffett and Benjamin Graham.

Expected return: ~12-15% per year (historical outperformance vs index)

Pros: Proven over 80+ years, based on fundamentals not hype, margin of safety

Cons: Requires deep analysis, patience, and discipline. Most amateurs do it wrong.

Best for: Investors willing to learn fundamentals or to follow a systematic approach (see Strategy 4).

Strategy 4 – Quantitative Value Investing

What it is: A modern evolution of value investing. Instead of picking stocks with gut feeling, you use **mathematical rules** to screen hundreds of companies and select the most undervalued ones. Rebalance periodically. No emotions.

Expected return: 15-22% per year (based on long-term academic research and real-world track records)

Pros: Combines the power of value investing with the discipline of systems. Removes emotion. Scalable for any portfolio size.

Cons: Requires trusting the system during drawdowns (which is harder than it sounds).

Best for: Investors who want higher-than-market returns without becoming full-time stock analysts.

Quanti Trading Insight

Our entire methodology is built on Strategy 4 -quantitative value investing. We screen the S&P 500 every month using the Price-to-Book ratio (and more) to identify the most undervalued opportunities. The results speak for themselves: **22% average annual returns since 2006**. We'll cover this in detail in Part 7.

5-Minute Action

Rank these 4 strategies from most appealing to least appealing for YOU. This tells you what kind of investor you naturally are.

04

RISK MANAGEMENT


KEY TAKEAWAY —

Every investment involves risk. But risk is not something to avoid, it's something to MANAGE. Here are the 4 rules every investor must follow.

Rule 1 - Diversification

Never put all your money in one stock, one sector, or one country. Spread your capital across:

- Different companies (avoid concentration risk)
- Different sectors (tech, healthcare, energy, finance...)
- Different geographies (US, Europe, Asia)

 Diversification doesn't eliminate risk, but it drastically reduces the chance of catastrophic loss.

Rule 2 - The 5% Rule (for beginners)

Never put more than **5% of your total capital** in a single stock. This way, even if one investment goes to zero, you only lose 5% painful, but survivable.

Example: With a \$10,000 portfolio, no single stock should exceed \$500.

Rule 3 - Never invest money you can't afford to lose

Before investing, make sure you have:

- An emergency fund (3-6 months of expenses)
- No high-interest debt (credit cards, consumer loans)
- Stable income covering your essential needs

Investing with borrowed money or your rent money is not investing - **it's gambling**.

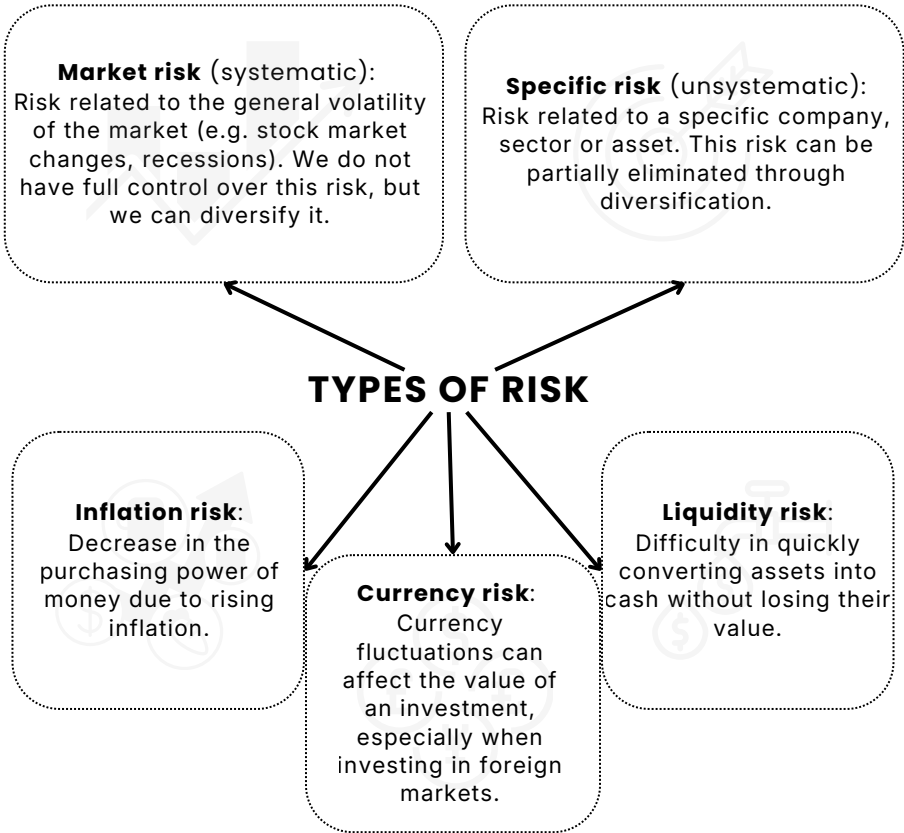
Rule 4 - Position sizing and stop-loss discipline

A **stop-loss** is a pre-defined exit point. If a stock drops by X%, you sell automatically - no emotions, no "it will come back." This protects you from catastrophic losses.

Example : Buy a stock at \$100. Set a stop-loss at \$85. If it drops to \$85, you exit with a 15% loss instead of riding it down to \$50.

The 3 types of risk every investor must know

Risk type	What it is	How to manage
Market risk	General market crashes	Diversification, long-term horizon
Specific risk	A single company fails	5% rule, diversification
Inflation risk	Cash loses purchasing power	Invest instead of saving



💡 Quanti Trading Insight

Our portfolio uses a disciplined rebalancing system: maximum 2 changes per month, always on the first working day. This structured approach has kept drawdowns manageable even in the worst years. In 2008, when the S&P 500 dropped 38%, our portfolio was down just 8.24% - and recovered fast the following years.

✓ 5-Minute Action

Calculate 5% of your total investable capital. That's the maximum amount you should put in any single stock. Write it down.

05

THE PSYCHOLOGY CHAPTER MOST GUIDES SKIP

KEY TAKEAWAY —

The #1 reason beginners fail at investing is NOT lack of knowledge. It's emotional decisions. Your brain is wired to do exactly the WRONG thing at the wrong time.

The 3 deadliest psychological traps

1. FOMO (Fear of Missing Out)

You see a stock rising fast. Everyone on X(Twitter) is talking about it. You buy at the peak, just before the crash. Classic mistake.

2. Loss aversion

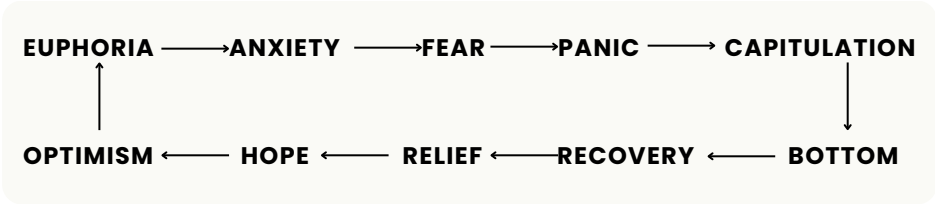
Psychologists have proven that losing \$100 feels twice as painful as the joy of gaining \$100. This leads investors to sell at the worst moment, during market panics, locking in losses that could have been temporary.

3. Overconfidence

After 2-3 successful trades, beginners start believing they're "**good at this.**" They take bigger risks, ignore discipline, and blow up their portfolio. Humility is a superpower in investing.

The emotional market cycle

Here's what happens in every market cycle, without exception:



Most people enter at Optimism (when the market is already high). They panic-sell at **Fear**. They watch the recovery from the sidelines. Then they buy again at **Euphoria**, right before the next crash.

Repeat this cycle twice, and your portfolio is destroyed.



Fear:

It can manifest itself during sharp declines in asset prices. Investors, in a panic, sell their assets at low prices, losing potential profits that could come after the market calms down.

Greed:

It manifests itself during dynamic market growth. Investors, driven by greed, buy assets without deeper analysis, believing that the price will rise forever. This often leads to buying at the top and taking losses when the market corrects.



HOW TO BEAT THE EMOTIONAL CYCLE

The only two ways out

Option 1 - Iron discipline. You stick to your plan no matter what. You ignore the news. You don't check your portfolio daily. This works, but it's incredibly hard. Even professionals struggle.

Option 2 - A rules-based system. You follow a pre-defined strategy that tells you exactly when to buy and when to sell, based on objective criteria. No gut feelings. No emotions. This is why quantitative investing exists.

5 rules to protect your psychology

1. Don't check your portfolio daily. Once a week is plenty. Once a month is ideal.
2. Avoid financial news during market crashes. They will scare you into bad decisions.
3. Automate your contributions. Dollar-cost averaging removes the "when to buy" question.
4. Write down your strategy. Read it during moments of panic or euphoria.

Trust the process. Markets recover. They always have. Your job is to be patient enough to still be invested when they do.

Quanti Trading Insight

This is why our members love our systematic approach. They don't have to decide "should I buy now?" or "should I sell?" The system does the thinking. They just execute 10 minutes per month and go back to their lives. No stress, no emotions, no second-guessing.

5-Minute Action

Write on a sticky note: **"I will not check my portfolio more than once a week. I will not sell during a crash. I will trust my strategy."** Put it on your desk. Read it when markets get scary.

06

YOUR FIRST \$5,000 STEP-BY-STEP ACTION PLAN

KEY TAKEAWAY —

Theory without action is useless. Here's exactly what to do, in order, starting today.

STEP 1 - Build your safety net (Week 1)

Before investing a single dollar :

- Emergency fund : 3-6 months of expenses in a savings account
- No high-interest debt outstanding
- Stable income

⚠ If any of these boxes is unchecked, fix that FIRST.

STEP 2 - Open a brokerage account (Week 2)

Recommended for international investors :

- **Interactive Brokers** - professional, low fees, access to most global markets, leader #1
- **XTB** - simple interface, good for EU investors
- **Charles Schwab/Fidelity** - excellent for US-based investors

**We have no affiliation with any broker. Please check which broker best suits your personal circumstances.*

Avoid: platforms that push leveraged products (CFDs, options, forex) to beginners. They're designed to make you lose.

STEP 3 – Define your strategy (Week 2-3)

Pick ONE of the 4 strategies from Part 3 and commit to it for at least **12 months**. Switching strategies every 3 months is the fastest way to **underperform**.

STEP 4 – Automate your contributions (Month 1+)

Set up an automatic transfer from your bank to your brokerage every month. Even ***\$100-\$200** per month.

**This may not be effective if your broker charges high fees—please be sure to check how these fees affect your dollar-cost averaging strategy.*

This is **Dollar-Cost Averaging (DCA)** - and it's the single most powerful habit in investing.

Why it works :

- Removes the "when to buy" question
- Forces discipline even during crashes
- Compounds over decades into life-changing sums

Example: \$200/month at 10% average return = **~\$380,000 after 25 years.**

At 15% (quantitative value strategy) = **~\$760,000**. Same effort, dramatically different outcome.

STEP 5 – Monitor, don't panic (Ongoing)

- Review your portfolio once a month (not daily)
- Rebalance once a year if your allocation has drifted
- Never sell in panic during a market drop
- Keep learning, but don't change strategies on a whim

The beginner's biggest mistakes to avoid

- ✗ Day trading with no system
- ✗ Putting everything in crypto or a single "hot" stock
- ✗ Following YouTube gurus or Reddit tips
- ✗ Panic-selling during the first big drop
- ✗ Paying 1-2% fees to underperforming active fund managers
- ✗ Starting without an emergency fund
- ✗ Trying to time the market

✓ 5-Minute Action

Open a brokerage account today. **Not tomorrow - today.** It takes 15 minutes and commits you to action.

07

THE QUANTI TRADING APPROACH

KEY TAKEAWAY —

After 20 years of experience, we believe quantitative value investing offers the best risk/reward ratio for serious long-term investors. Here's why - and how we do it.

The problem with each "mainstream" strategy

- **Index investing** is simple but you get the market average. No edge.
- **Dividend investing** is stable but slow. Limited upside.
- **Pure value investing works** - but requires full-time analysis most people can't do.
- **Growth/momentum investing** is exciting but most amateurs lose money.

So we asked ourselves: *what if we could combine the proven power of value investing with the discipline and scalability of a quantitative system?*

✓ **That's how the Quanti Trading methodology was born.**



The core principle: Price-to-Book ratio (P/B)

Every company has two values :

- **Market price** - what investors are currently paying for the stock
- **Book value** - what the company actually owns (assets) minus what it owes (debts)

The Price-to-Book ratio compares them :


- **Low P/B** = the stock is trading below the company's real value = **undervalued opportunity**
- **High P/B** = the stock is trading far above real value = **overvalued, risky**

Simple example

Company	Market Price	Book Value	P/B Ratio	Interpretation
Company A	\$0.57	\$1.00	0.57	Undervalued – buy \$1 of assets for \$0.57
Company B	\$12.00	\$1.00	12	Overvalued – pay \$12 for \$1 of assets

Academic research has shown for decades that **buying low P/B stocks systematically outperforms the market** over the long run. It's the foundation of Warren Buffett's success, and we've systematized it.



 **20 YEARS OF REAL DATA**

The Quanti Trading US Portfolio vs. S&P 500

Performance through 2 major crises, 1 pandemic, 3 bear markets

YEAR	S&P 500	QUANTI TRADING
2008 (crisis)	-38%	-8.24%
2010	+15%	+41.84%
2020 (pandemic)	+16%	+71.64%
2022 (rates)	-19%	-33.64%
2023 (rebound)	+24%	+44.33%
2024	+25%	+22.79%
2025	+23%	+18.41%
20Y avg	-10%	-22%

MEMBERS

1,200+

across 12+ countries

TIME REQUIRED

10 min

per month

Past performance does not guarantee future results. Educational content only.

What this tells us

- **Crashes happen.** We don't pretend to avoid them (see 2022).
- **Recoveries are fast.** +44% in 2023 after -33% in 2022.
- **Long-term discipline pays.** 22% average over 20 years, through 2 crises and a pandemic.
- **10 minutes per month** is all our members spend managing the portfolio.

Who this is for

- ✓ Investors who want higher-than-market returns without becoming full-time analysts
- ✓ People with \$2,000+ ready to start
- ✓ Those willing to trust a proven system for at least 12 months

Who this is NOT for

- ✗ Day traders looking for quick money
- ✗ People who will panic-sell at the first drop
- ✗ Anyone expecting guaranteed returns (nothing is guaranteed in investing)

i We also offer a more conservative option

The Quanti Trading Dividends portfolio averages 12.55% per year (50% US / 50% European stocks), with lower volatility and ~4.75% annual dividend yield. Ideal for investors prioritizing stability.

08

YOUR NEXT STEP

KEY TAKEAWAY —

After 20 years of experience, we believe quantitative value investing offers the best risk/reward ratio for serious long-term investors.

You now have the blueprint. But reading is not enough. **Action is what builds wealth.**

Free Live Webinar

See the full strategy in action

- Why 95% of retail investors lose
- The 7 principles behind a strategy averaging **22%/year for 20+ years**
- A real portfolio with 20+ years of verified performance data
- How to follow the strategy yourself — even if you've never bought a stock
- Live Q&A — we answer every question personally

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Thank you for reading. Now take action.

If you want to contact us here is the email:
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Past performance does not guarantee future results. All investments carry risk, including the potential loss of principal. The performance figures presented in this document reflect the historical results of the Quanti Trading US and Dividends portfolios and may not be representative of future performance.

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Always consult a qualified financial professional licensed in your jurisdiction before making any investment decisions.

KEY INVESTMENT TERMS

Active Investing

A strategy that involves actively selecting investments and adjusting the portfolio to outperform the market benchmark. Typically associated with higher management costs.

Allocation of Assets

The process of dividing an investment portfolio among different asset classes, such as stocks, bonds, real estate, or commodities, to manage risk.

Beta

A measure of a stock's volatility in relation to the overall market. A beta greater than 1 indicates that the stock is more volatile than the market, while a beta less than 1 suggests lower volatility.

Blue Chip

Shares of large, stable, and reputable companies with a long history of financial success, such as Apple, Microsoft, or Coca-Cola.

Bond

Long-term debt securities issued by governments or corporations that obligate the issuer to make regular interest payments and repay the principal at a specified date.

Benchmark

A reference indicator, such as a stock market index, used to assess the performance of an investment portfolio. Investors compare their results to the benchmark to evaluate the effectiveness of their strategy.

KEY INVESTMENT TERMS

Derivatives

Financial instruments whose value is derived from the value of another asset, such as futures contracts or options. Often used for hedging against risk or speculation.

Diversification

An investment strategy that involves spreading capital across different asset classes, sectors, or geographical regions to minimize risk.

ETF (Exchange-Traded Fund)

An investment fund traded on stock exchanges that reflects the performance of a stock index or a set of assets. ETFs allow for investing in a broad market with a single transaction.

Fundamental Analysis

A method of evaluating a company's value based on its financial performance, such as profits, revenue, assets, and liabilities, as well as macroeconomic factors.

Investment Portfolio

A collection of investment assets held by an investor, such as stocks, bonds, real estate, or commodities, aimed at achieving specific financial goals.

Liquidity

The ability of an asset to be quickly and easily converted into cash without significant loss of value. Stocks of large companies are typically more liquid than, for example, real estate.

KEY INVESTMENT TERMS

Market Capitalization

The total market value of all outstanding shares of a company, calculated as the stock price multiplied by the number of shares outstanding. A measure of a company's size on the stock market.

Passive Investing

An investment strategy that involves replicating the performance of a stock market index rather than actively managing the portfolio. The goal is to achieve market-matching returns at low costs.

Portfolio Management

The process of managing an investment portfolio, including asset allocation, risk management, and performance assessment.

Return on Investment (ROI)

A measure of an investment's profitability expressed as a percentage, calculated by dividing the profit from an investment by the initial investment amount.

Risk Management

The process of identifying, analyzing, and taking action to mitigate investment risk, such as through diversification or the use of stop-loss orders.

Securities

Financial instruments that represent an ownership position in a company (equity securities, such as stocks) or a creditor relationship with a governmental body or corporation (debt securities, such as bonds).

KEY INVESTMENT TERMS

Stop-Loss Order

An automatic sell order for an asset when its price falls to a specified level to limit losses. It is a risk management tool.

Technical Analysis

A method of forecasting future price movements of assets based on chart analysis, trends, and technical indicators. It operates on the assumption that history tends to repeat itself.

Volatility

A statistical measure of the dispersion of returns for a given security or market index, indicating how much the price fluctuates over time.

Volume

The number of units of a given asset (e.g., stocks) that have been bought or sold in a specific period. High volume often indicates significant market activity.

Warrants

Long-term options that give the holder the right, but not the obligation, to buy shares of stock at a specific price before a specified expiration date.

Yield

The income generated from an investment, usually expressed as a percentage of the investment's cost. It can come from interest payments on bonds or dividends from stocks.