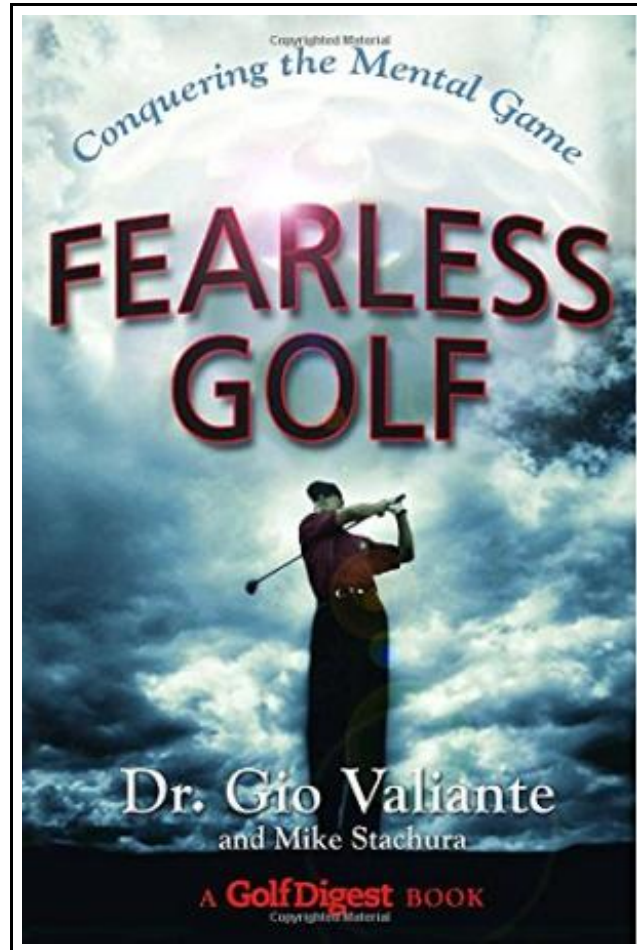# Fearless Golf: Conquering the Mental Game (Hardback)

Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Juliet Mertz)

FEARLESS GOLF: CONQUERING THE MENTAL GAME (HARDBACK)

Bantam Doubleday Dell Publishing Group Inc, United States, 2005. Hardback. Condition: New. Language: English . Brand New Book. A detailed plan for conquering the FEAR that sabotages swings and ruins psyches, from the pioneering psychologist whose techniques have benefited Davis Love III, Justin Leonard, and numerous other world-class golfers. As Jack Nicklaus once observed, fear is the golfer s greatest enemy, inspiring Tiger Woods to refuse to give in to this debilitating emotion. It can turn professionals into jelly and dominate the games of most amateurs. It alters swing paths, causes tap-in putts to go awry, and transforms a golfer from a brilliant shot-maker on the practice range into an incompetent hack on the course. Most golfers understand this, but do not have the tools to overcome it. That s where Dr. Gio Valiante comes in. A pioneering sports psychologist, Valiante has studied the sources of an athlete s fear, investigated the physiological and neurological impact of fear on performance, and, most important of all, developed a groundbreaking program for conquering it. With Valiante s help and by applying Fearless Golf, Justin Leonard went from three consecutive missed cuts to three consecutive top tens, and Chad Campbell recently moved from 98th in the world to 7th. Davis Love III went from zero wins in 2002 to four wins in 2003, and Chris DiMarco made the 2004 Ryder Cup Team. Emphasizing the need to replace a fixation-on-results with a commitment to mastery of one s body and one s mind, Valiante s approach will not only help golfers reach their true potential, it will make playing every round fun again. Through concrete confidence and mastery drills, he presents specific ways readers can break free of fear s grasp and perform at their best--even under the most extreme pressure. With detailed quotes...

- Read Fearless Golf: Conquering the Mental Game (Hardback) Online
- Download PDF Fearless Golf: Conquering the Mental Game (Hardback)

Relevant Books

An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn (Hardback)

Guilford Publications, United States, 2012. Hardback. Condition: New. New. Language: English . Brand New Book ***** Print on Demand *****.Cutting-edge research reveals that parents can play a huge role in helping toddlers and preschoolers with...

Save Document »

Becoming Your Best: The 12 Principles of Highly Successful Leaders (Hardback)

McGraw-Hill Education - Europe, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. Discover the principles that are transforming teams and leaders worldwide Running a business or department in today s high-pressure...

Save Document »

Evidence-Based Psychotherapies for Children and Adolescents, Third Edition (Hardback)

Guilford Publications, United States, 2017. Hardback. Condition: New. 3rd New edition. Language: English . Brand New Book. Widely regarded as the standard reference and text on evidence-based therapies--and now substantially revised--this book has introduced tens...

Save Document »

Chess Metaphors: Artificial Intelligence and the Human Mind (Hardback)

MIT Press Ltd, United States, 2009. Hardback. Condition: New. Language: English . Brand New Book. How the moves of thirty-two chess pieces over sixty-four squares can help us understand the workings of the mind.When we...

Save Document »

Periodical Acquisitions and the Internet (Hardback)

Taylor Francis Inc, United States, 1999. Hardback. Condition: New. V11 ed.. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand...

Save Document »