

[E-BOOK] The Hidden Game of Golf: by Dr. John Pates (English Edition)

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Von World college of golf

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Von World college of golf : The Hidden Game of Golf: by Dr. John Pates (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Hidden Game of Golf: by Dr. John Pates (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Dr. John

Pates very inspiring Von George Mayhew If you really want to know what to think about on the course than this book is a must! This book gives you a great insight of how the mind ticks and in what area you might need to adjust to achieve your goals. It is easy to read and gives you a step to step approach.

Kurzbeschreibung In the world of competitive golf the difference between winning and losing often comes down to psychological variables such as attitudes, beliefs and mental skills. Over the past 30 years sport psychologists have discovered there are a number of strategies that can be used to optimize a golfers performance. Our comprehensive profiling system identifies your hidden game and the psychological skills you require as a competitive golfer. You will also discover a number of intervention strategies designed to guide you towards peak performance. The interventions are used on the European Golf Tour by chartered golf psychologists and are specifically designed to help golfers improve their performances and trigger mental states such as 'flow' and 'the zone'. The knowledge in this book has been used to help golfers win Majors, Ryder Cups, World titles and European tour events.

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