

The Performance Mindset: A Process-Focused System for Golf Excellence (Paperback)



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Reviews

Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Kaycee McGlynn)

THE PERFORMANCE MINDSET: A PROCESS-FOCUSED SYSTEM FOR GOLF EXCELLENCE (PAPERBACK)



Dr. Kevin Sverduk, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When the science of golf performance meets the passion for excellence transformative results will ensue. This book will detail an easy to follow system to cultivate a mindset that will allow you to shoot lower scores and enjoy the game of golf to its fullest. Feeling stuck in a seemingly endless cycle of frustrating results, hard work, and more frustrating results is a common experience for many golfers. Golfers get stuck in two ways - first they don't accurately identify why they are making the mistakes they make and second, they don't have a system for fixing it. As a consequence, they meander from round to round, tournament to tournament haphazardly trying one new idea after another. There is no shortage of new teachers, new putters, and new training aids. What is clearly lacking however is a true understanding of what works and what will produce results. For that one needs a process-based approach that can identify a system driven by research that will be effective at demonstrating improvement. The Performance Mindset written by noted Sport Psychologist Dr. Kevin Sverduk provides an innovative, science-based approach to achieving golf excellence. Taking from his experience working with dozens of PGA and LPGA touring professionals as well as his expertise in performance psychology, motor learning, neuroscience, and mindfulness, Dr. Sverduk has created a proven system for helping golfers cultivate the performance mindset. Included in the book are dozens of specific drills and exercises as well as a method for putting together your own system. This book is a remedy for the golfer who feels he or she is not performing on the course like they know they are capable. The Performance Mindset will ultimately...



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