



## Fearless Golf (Paperback)

By Gio Valiante

Ebury Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. As Jack Nicklaus once observed, fear is the golfer's greatest enemy. It can turn you 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 pioneering sports psychologist Dr Gio Valiante comes in. Having studied the sources of an athlete's fear and its physiological and neurological impact on performance, he has developed a groundbreaking programme for conquering it. Emphasising 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 help golfers reach their true potential. Through concrete confidence and mastery drills, he presents specific ways to break free of fear's grasp and perform at your best - even under the most extreme pressure. Fearless Golf is the ultimate guide to the mental game.



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