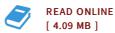


Golf Under Pressure: Conquer the Choke Point with a Silent Mind

By Robin Sieger

Aurum Press Ltd. Paperback. Book Condition: new. BRAND NEW, Golf Under Pressure: Conquer the Choke Point with a Silent Mind, Robin Sieger, Whether amateur or Tour professional, every golfer will experience that crucial moment when victory hinges on just one shot. Make it, they win; blow it, and they will re-live the memory for years to come. The question is: can they handle the pressure? Now, leading motivational speaker Robin Sieger - author of the acclaimed Silent Mind Golf - explores the concept of 'choking', applying his easy-to-grasp mental conditioning techniques to help golfers at all levels perform under pressure. Using examples drawn from the careers of the game's greatest players, Robin demystifies the psychological secrets of how to perform well at critical moments, and demonstrates how understanding the 'choke point' enables us to conquer it.





Reviews

Great eBook and beneficial one. It is packed with wisdom and knowledge You wont really feel monotony at at any time of your respective time (that's what catalogs are for relating to if you check with me).

-- Maiya Kozey

This pdf is very gripping and fascinating. We have read and that i am certain that i am going to going to read once more again in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Burnice Cronin