



## 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.



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