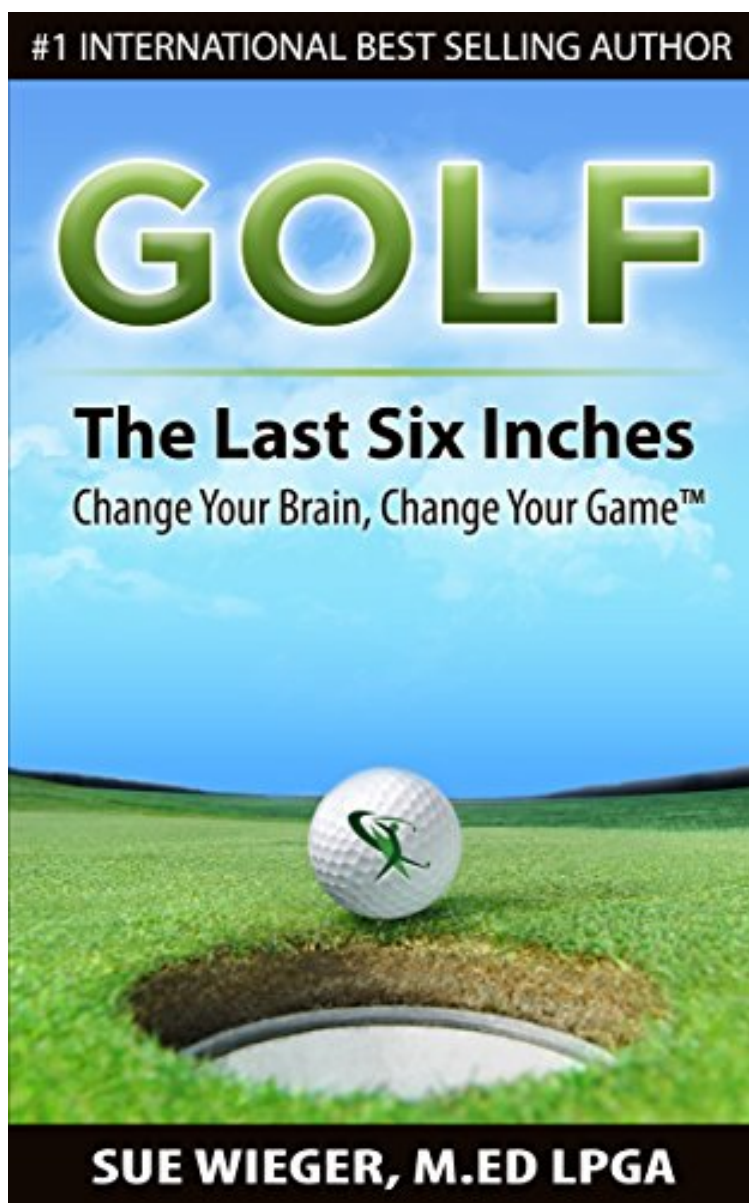


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GOLF - The Last Six Inches: Change Your Brain, Change Your Game (English Edition)



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Description :

Prsentation de l'diteurDiscover the Mental Secrets Smart Golfers are Using to Play Their Best Golf Every-Time They Step Onto the Course!Golf is a game that is played on a 6 inch course, the distance between the ears - Bobby Jones Most golf instruction books focus on the physical mechanics of the game; like how to improve ones golf swing, putting or chipping techniques. For most golfers this is simply a band-aid to a much bigger problem of why they struggle on the course. The true secret to playing great golf lies within the

last six inches of the game, that which most people never truly learn to harness."Golf - The Last Six Inches: Change Your Brain, Change Your Game" by Sue Wieger (M.Ed, LPGA) will help you THINK, PLAY and FEEL better about yourself and your golf game; whether you are an aspiring tour player, low handicap, mid to high handicap, or even a beginner golfer. Learning or playing golf does not have to be rocket science if you start with the right attitude and mindset. Ben Hogan, the greatest player in the history of golf believed anyone with average coordination could learn to break eighty if one applies oneself patiently and intelligently. Traditional golf instruction has been driven by 80-100% mechanical focus, but yet when we survey players, they tells us Oh yes, its such a mental game, probably at least 80% of the game is mental." So how does focusing on mechanics help build mental toughness in players? Just like practicing good sound fundamentals and mechanics, you must practice peak performance attitude and mindset. "The whole secret to mastering the game of golf -- and this applies to the beginner as well as the pro -- is to cultivate a mental approach to the game that will enable you to shrug off the bad days, keep patient and know in your heart that sooner or later you will be back on top." - Arnold Palmer Sue Wiegers, "Golf - The Last Six Inches", will give you the fundamental knowledge how to build and sustain peak performance mindset. The hardest distance in golf to figure out is the six inches between your ears. This book, "Golf - The Last Six Inches" will help you figure out YOU. Heres a Quick Preview of What You Will Learn: Chapter 1: The WHY of Golf Chapter 2: The Golf Cycle of Performance Chapter 3: The Self Image and Your Story Chapter 4: Your State of Mind is the State of Your Game Chapter 5: Focus - Where Your Focus Goes, Energy Flows Chapter 6: Self Talk - What You Say About Yourself. Is it the Truth ? Chapter 7: Trust Versus Trying Performances Chapter 8: The Cycle of Peak and Non-Peak Performance Chapter 9: Change Your Brain, Change your Game: The Tools and Strategies You Need to Succeed "Golf; The Last Six Inches" will give you tools to help you learn how to turn your mental game around and thus your entire golf game around. Changing your thoughts will change your game. It is possible to create your true potential just by changing your brain, your thoughts and your emotions. With this book you will create change in your game." You can win tournaments when you're mechanical, but golf is a game of emotion and adjustment. If you're not aware of what's happening to your mind and your body when you're playing, you'll never be able to be the very best you can be." - Jack Nicklaus Golf is so relative to the six inches between your ears so lets start training that crucial space to create your unlimited possibilities on and off the golf course. As you begin reading start by being open and curious as to what lies ahead for you and your golf game. Start Your Journey TODAY... Scroll Up, Grab a Copy and Lets Get Started! To learn more about Sue Wieger M.Ed, LPGA visit = <http://SueWiegerGolf.com> Prsentation de l'diteur Discover the Mental Secrets Smart Golfers are Using to Play Their Best Golf Every-Time They Step Onto the Course! Golf is a game that is played on a 6 inch course, the distance between the ears - Bobby Jones Most golf instruction books focus on the physical mechanics of the game; like how to improve ones golf swing, putting or chipping techniques. 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