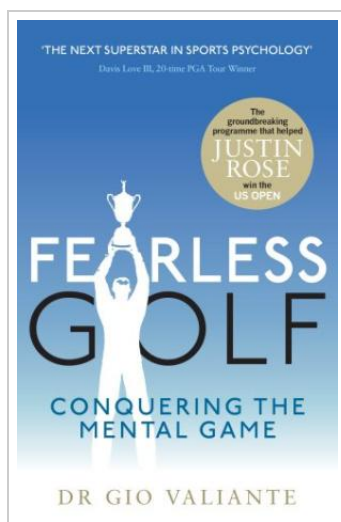




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Fearless Golf

By Gio Valiante

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Fearless Golf, Gio Valiante, 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.

Reviews

This is the very best publication we have read through right up until now. It is one of the most incredible book we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Very useful to any or all group of folks. It really is rally interesting throgh reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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A Reindeer's First Christmas/New Friends for Christmas (Dr. Seuss/Cat in the Hat)

Random House USA Inc, India, 2012. Paperback. Book Condition: New. Joe Mathieu, Aristides Ruiz (illustrator). 198 x 198 mm. Language: English . Brand New Book. Fans of the Cat in the Hat have cause to celebrate this holiday season with two stories...



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