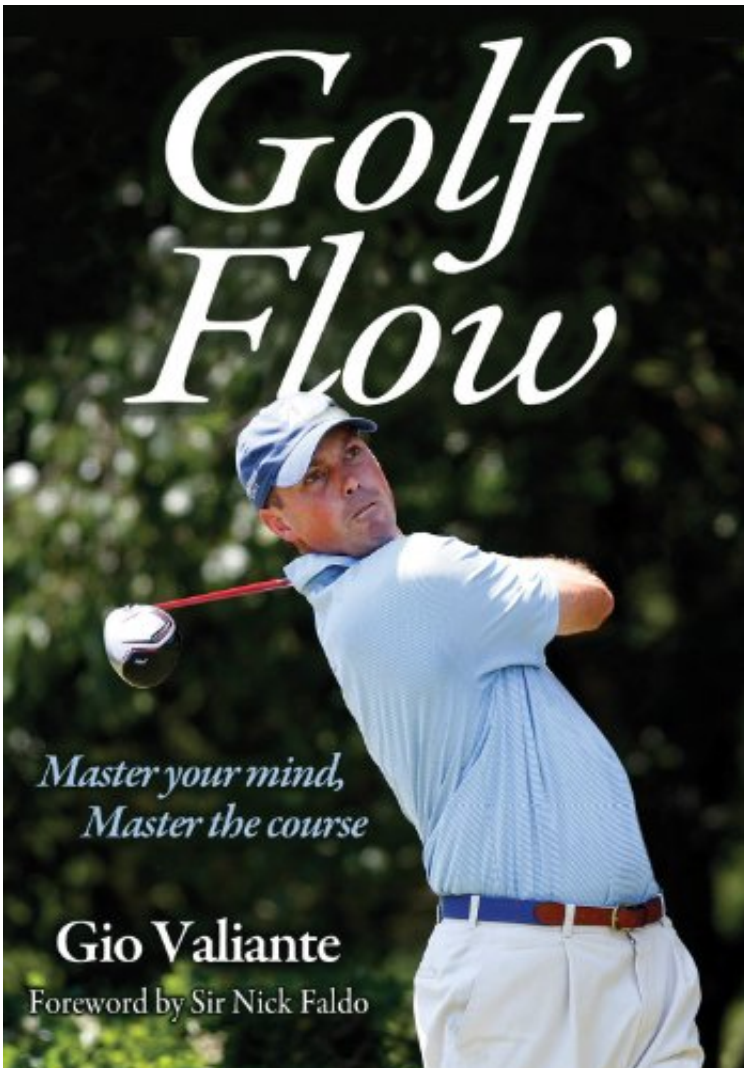


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Golf Flow



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Description :

Presentation de l'diteurThe inherent discontinuity in golf18 different holes, intervals between every shot, slow play, time waiting on the tee, breaks between roundsposes one of the games greatest challenges: maintaining focus and rhythm on the course.Golf Flow offers a cartful of time-tested principles and strategies and a bagful of innovative methods and techniques to keep the mind quiet and distraction-free. Gio Valiante, one of the PGA Tours most prolific performance consultants, will help you orient your mind and harness your thoughts so you can enter a flow state, or optimal performance zone, in which time, control, effort, and awareness seem both suspended and intensified.Matt Kuchar, Justin Rose, Stuart Appleby, and many other pros, as well as golfers with much higher handicaps, have benefitted big-time from developing their Golf Flow tools. Actual accounts of conquering mental obstacles by adopting a confident and clear mind-set can be found throughout the book.Presentation de l'diteurThe inherent discontinuity in golf18 different holes,

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Biographie de l'auteur Dr. Gio Valiante is one of the most prominent sport psychologists in the world. He has worked with many of the sport s top players, including Matt Kuchar, Justin Rose, Camilo Villegas, Sean O Hair, Jack Nicklaus, Davis Love III, and Alexis Thompson. His clients over the past decade have won dozens of championships, and he has become the winningest sport psychologist on the PGA Tour during that time. Valiante was named one of the 40 most influential people in golf under age 40 by Golf magazine in 2011 and was dubbed Guru of the Year by the Golf Channel in 2010. His book *Fearless Golf Conquering the Mental Game* Doubleday Golf Digest, 2005 is a standard in golf psychology. He is a professor at Rollins College in Winter Park, Florida, and serves as the mental game consultant for the Golf Channel, Golf Digest, and the University of Florida.