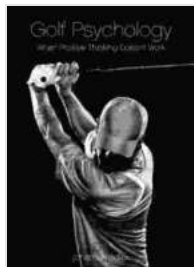


Golf Psychology: When Positive Thinking Doesn't Work



Golf Psychology - When Positive Thinking Doesn't

Work by Dr. Sandeep Jatwa

★★★★☆ 4.3 out of 5

Language : English
File size : 1153 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 105 pages
Lending : Enabled



Are you tired of trying to stay positive on the golf course, only to find yourself getting more and more frustrated?

If so, you're not alone. Millions of golfers struggle with the mental game, and no matter how much they try to stay positive, it just doesn't seem to work.

The good news is, there's a better way. In his groundbreaking book, *Golf Psychology: When Positive Thinking Doesn't Work*, Dr. Gio Valiante exposes the myths of positive thinking and offers a new approach to mental game mastery.

Dr. Valiante has spent years working with golfers of all levels, from beginners to professionals. He has seen firsthand how positive thinking can

actually be harmful to your game.

When you try to stay positive, you're essentially trying to suppress your negative thoughts. But this only makes them stronger. The more you try to push them away, the more they will come back to haunt you.

Dr. Valiante's approach is different. He teaches golfers to embrace their negative thoughts and use them to their advantage.

By understanding your negative thoughts, you can learn to control them. You can learn to use them to motivate you, to focus your attention, and to make better decisions.

Golf Psychology: When Positive Thinking Doesn't Work is a must-read for any golfer who wants to improve their mental game. This book will give you the tools you need to overcome your mental obstacles and play your best golf.

What You'll Learn in *Golf Psychology: When Positive Thinking Doesn't Work*

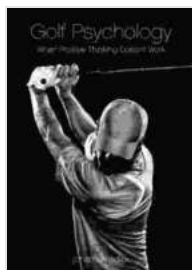
- The myths of positive thinking
- Why positive thinking can actually be harmful to your game
- How to embrace your negative thoughts and use them to your advantage
- The four keys to mental game mastery
- How to develop a pre-shot routine that will help you stay focused and confident

- How to deal with nerves and pressure
- How to recover from mistakes
- And much more!

Free Download Your Copy Today!

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