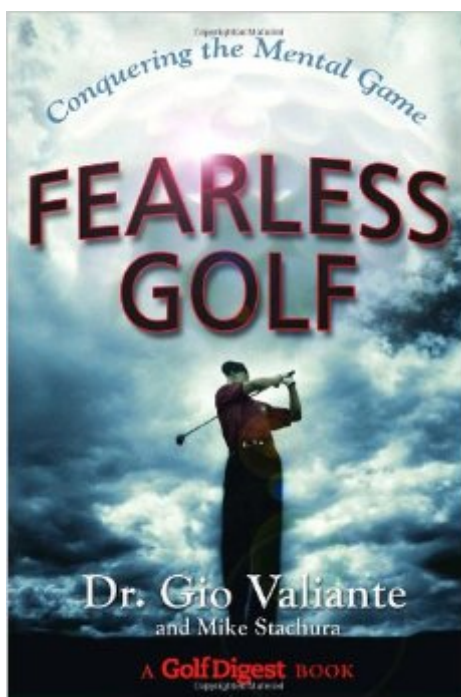


The book was found

Fearless Golf: Conquering The Mental Game



Synopsis

A detailed plan for conquering the FEAR that sabotages swings and ruins psyches, from the pioneering psychologist whose techniques have benefited Davis Love III, Justin Leonard, and numerous other world-class golfers. As Jack Nicklaus once observed, fear is the golfer's greatest enemy, inspiring Tiger Woods to "refuse" to give in to this debilitating emotion. It can turn professionals into jelly and dominate the games of most amateurs. It alters swing paths, causes a tap-in putt to go awry, and transforms a golfer 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 Dr. Gio Valiante comes in. A pioneering sports psychologist, Valiante has studied the sources of an athlete's fear, investigated the physiological and neurological impact of fear on performance, and, most important of all, developed a groundbreaking program for conquering it. With Valiante's help and by applying Fearless Golf, Justin Leonard went from three consecutive missed cuts to three consecutive top tens, and Chad Campbell recently moved from 98th in the world to 7th. Davis Love III went from zero wins in 2002 to four wins in 2003, and Chris DiMarco made the 2004 Ryder Cup Team. Emphasizing 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 not only help golfers reach their true potential, it will make playing every round fun again. Through concrete confidence and mastery drills, he presents specific ways readers can break free of fear's grasp and perform at their best—even under the most extreme pressure. With detailed quotes and anecdotes given exclusively to Dr. Valiante from the best players in the game—including Jack Nicklaus, Ernie Els, and other tour professionals, Fearless Golf is the ultimate guide to the mental game, the hottest topic in golf today.

Book Information

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Customer Reviews

I know that sounds like ridiculous hype, but it's true. I swear I'm not the author's brother, cousin, agent or employee. I am a weekend golfer - not even every weekend. I live up north so only play 4 or 5 months out of the year. I've consistently scored 103 to 107 per round over the past 4-5 years. At the driving range, I hit the vast majority of my shots right down the middle, or at least well enough so that they'd be in play 90% of the time. It's when I get out on the course that it all falls apart. So I knew my technique was okay... it had to be a mental problem. I was thinking of seeing a sports hypnotist but couldn't find one and besides, I just don't play that much golf - maybe about 9 holes a week - and didn't want to invest the time or money. So I went online to see if I could find a book that would address my problem and found Fearless Golf. There is no technique in book, so if your swing or putting stinks, look elsewhere. This book is all about what's going on inside your head. For me it was a bullseye. When I first started reading it, I was a little defensive; I'm not fearful... I'm not afraid. But as I went through the book, I realized that I was and just didn't realize it. I was afraid of going with what works... I was holding back and sabotaging myself. I was "afraid" of posting yet another lousy score, "afraid" of losing another \$10 bet, "afraid" of wasting my valuable time on another awful round. , etc., etc. This book helped me figure that out and get things straight. Why do I golf? Why don't I trust my swing like I do at the range? Why do my bad shots turn in to more bad shots?

valiante takes golf psychology to a new level with this book. whereas rotella's message is very anecdotal and breaks down to something like "equipment and your swing don't matter, stop trying to be perfect and accept things more," valiante's message has more a lot more depth. he acknowledges the importance of a good swing and the right equipment and his message is well grounded in psychological research. although breaking his message down to a few points is no easy task (as a matter of fact, he goes out of his way at the end to say it's really up to the individual to frame a message in their own context), it would be something like:- don't attempt to try and control emotions by pretending they don't exist and that you're not nervous, rather condition yourself to respond productively when these feelings arise;- focus on things you can control such as preparing properly, developing a plan for the course and the target for your next shot, rather than things you can't control such as what other players are shooting or the weather;- practise makes permanent rather perfect, so be realistic about what it is you need to work on to get better and how

accurately your practise routine reflects these items;- strive to maintain a light grip, because when the nerves tense up you will lose feelings in your outer extremities and without realizing it, you will grip the club much tighter and hit poor shots as a result. there are other important elements of this book that from someone else's perspective might be prioritized differently (consistent with the notion of what's key for each individual), but these are the keys for me. clearly, the principles laid out in this book transcend golf and provide a framework for success in life.

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