



# Fearless Golf: Conquering the Mental Game

*Dr. Gio Valiante*

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## **Fearless Golf: Conquering the Mental Game** Dr. Gio Valiante

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 "tap-in" putts 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.

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Typically the book Fearless Golf: Conquering the Mental Game has a lot info on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research just before write this book. That book very easy to read you can get the point easily after looking over this book.

#### **Sophia Myers:**

Reading can called brain hangout, why? Because if you find yourself reading a book specifically book entitled Fearless Golf: Conquering the Mental Game your thoughts will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely might be your mind friends. Imaging every word written in a book then become one type conclusion and explanation that maybe you never get previous to. The Fearless Golf: Conquering the Mental Game giving you a different experience more than blown away your mind but also giving you useful data for your better life with this era. So now let us demonstrate the relaxing pattern here is your body and mind is going to be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary wasting spare time activity?

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