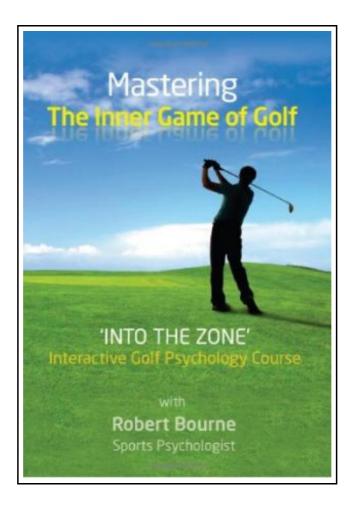
Mastering the Inner Game of Golf: Into the Zone



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Naturally You Publishing, United Kingdom, 2010. Paperback. Book Condition: New. 206 x 147 mm. Language: English. Brand New Book ***** Print on Demand *****. Mastering The Inner Game of Golf is a multimedia golf psychology mind coaching course containing a book and an interactive 5 CD set. The book is part one of the course revealing tour proven strategies taking your game of golf to the next level. The book contains all the theory you need to understand the concept to achieving excellence in your golf performance. Discoveries in neuroscience are revealed as used by Olympic coaches, plus how to overcome personal negative emotions, golfing nerves and self limiting beliefs. It teaches how to enter Into The Zone to enable the golfer to create one shot at a time; how to have a clear and focused mind maintaining a centred calm emotional state on the golf course.

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