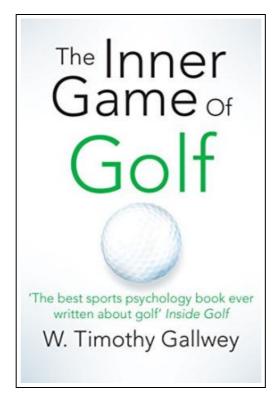
The Inner Game of Golf (Paperback)



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THE INNER GAME OF GOLF (PAPERBACK)



Pan MacMillan, United Kingdom, 2015. Paperback. Condition: New. Main Market Ed. Language: English. Brand New Book. How to improve your game and discover your true potential by increasing your concentration, willpower and confidence Every golfer, whether amateur or pro, who has ever picked up a club knows what it s like to get the yips - that feeling when you inexplicably lose control of your shot, and become overwhelmed by self-doubt, tension, fear of failure and anxiety. With a new introduction from golf performance pro Peter Hudson, the multi-million bestselling The Inner Game of Golf resolves this mental interference. It is not a book about how to play golf; it is a book about how to learn golf, and its lessons can be applied to any sport. Putting aside the mechanics of golfing technique and laborious debates about strategy, this classic handbook for golfers of all levels tackles the psychological aspects of the game and reveals how you can perform to your true potential for more than brief moments at a time. Using only his Inner Game principles, without taking a single lesson and playing only once a week, Timothy Gallwey knocked 15 strokes off his game in a year. There is no physical reason why you can t hit perfect drives or sink long putts more consistently. By applying the Inner Game approach to your own game, you too can see phenomenal improvements to your scorecard.



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