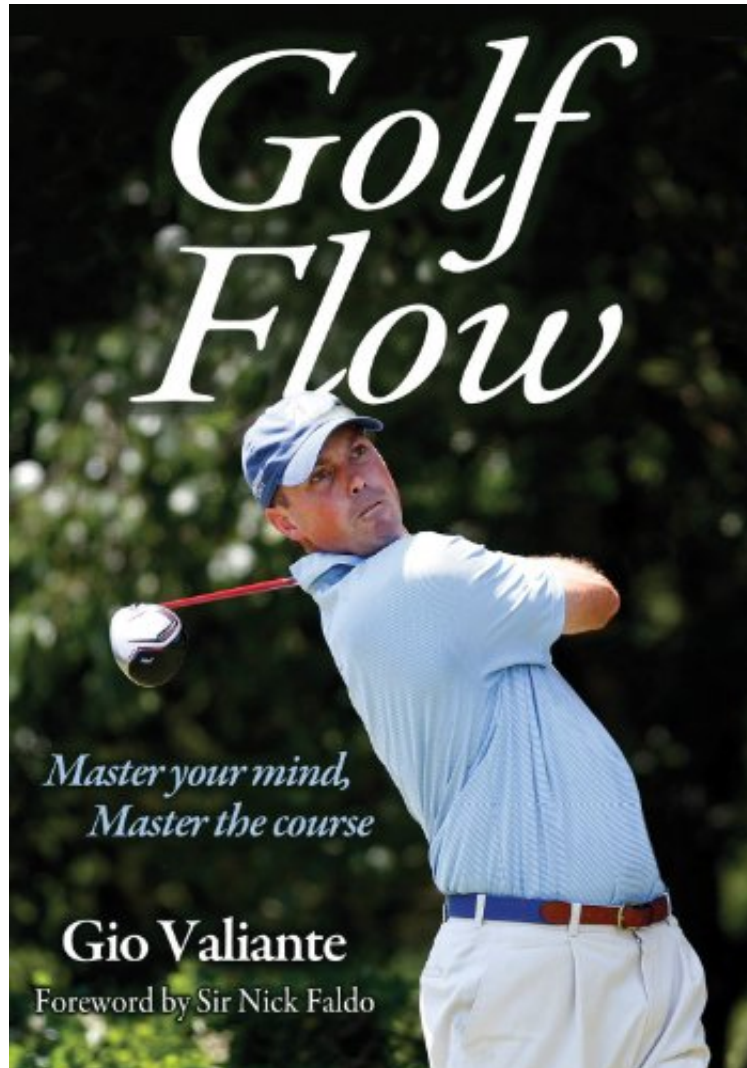


(Read and download) Golf Flow

Golf Flow

Von Gio Valiante

ePub | *DOC | audiobook | ebooks | Download PDF



 Download

 Read Online

Produktinformation -Verkaufsrank: #588551 in eBooksVerffentlicht am: 2013-04-01Erscheinungsdatum: 2013-04-01File Name: B00C5I5B54 | File size: 68.Mb

Von Gio Valiante : Golf Flow before purchasing it in order to gage whether or not it would be worth my time, and all praised Golf Flow:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. AusgewalztVon Dr. Hendrik WagnerAllgemeine Mentaltips unter dem "Flow"-Stichwort neu verpackt. Ntzlich aber etwas dnn. Sehr viel Namedropping. Der wichtigste Gedanke fr mich: sich nicht von Auen-Bewertungen abhngig machen, kein "Ego-Golfer" sein, sondern aus Liebe zum guten Spiel spielen.0 von 0 Kunden fanden die folgende Rezension hilfreich. Inhalt und Wortwahl Top!Von sydneySuper Buch, das bersichtlich und Kalkar wichtige Aspekte des mentalen Spiels darstellt.Dabei ist diese Sichtweise, dieser state-of-mind, nicht nur essentiell fr Golf auf hohem

Niveau, auch für andere Dinge sehr wertvoll.

Kurzbeschreibung The inherent discontinuity in golf 18 different holes, intervals between every shot, slow play, time waiting on the tee, breaks between rounds poses one of the game's greatest challenges: maintaining focus and rhythm on the course. Golf Flow offers a cartful of time-tested principles and strategies and a bagful of innovative methods and techniques to keep the mind quiet and distraction-free. Gio Valiante, one of the PGA Tour's most prolific performance consultants, will help you orient your mind and harness your thoughts so you can enter a flow state, or optimal performance zone, in which time, control, effort, and awareness seem both suspended and intensified. Matt Kuchar, Justin Rose, Stuart Appleby, and many other pros, as well as golfers with much higher handicaps, have benefitted big-time from developing their Golf Flow tools. Actual accounts of conquering mental obstacles by adopting a confident and clear mind-set can be found throughout the book.

Kurzbeschreibung The inherent discontinuity in golf 18 different holes, intervals between every shot, slow play, time waiting on the tee, breaks between rounds poses one of the game's greatest challenges: maintaining focus and rhythm on the course. Golf Flow offers a cartful of time-tested principles and strategies and a bagful of innovative methods and techniques to keep the mind quiet and distraction-free. Gio Valiante, one of the PGA Tour's most prolific performance consultants, will help you orient your mind and harness your thoughts so you can enter a flow state, or optimal performance zone, in which time, control, effort, and awareness seem both suspended and intensified. Matt Kuchar, Justin Rose, Stuart Appleby, and many other pros, as well as golfers with much higher handicaps, have benefitted big-time from developing their Golf Flow tools. Actual accounts of conquering mental obstacles by adopting a confident and clear mind-set can be found throughout the book.

ber den Autor und weitere Mitwirkende Dr. Gio Valiante is one of the most prominent sport psychologists in the world. He has worked with many of the sport's top players, including Matt Kuchar, Justin Rose, Camilo Villegas, Sean O'Hair, Davis Love III, and Alexis Thompson. His clients over the past decade have won dozens of championships, and he has become the winningest sport psychologist on the PGA Tour during that time. Valiante was named one of the 40 most influential people in golf under age 40 by Golf magazine in 2011 and was dubbed Guru of the Year by the Golf Channel in 2010. His book *Fearless Golf: Conquering the Mental Game* (Doubleday/Golf Digest, 2005) is a standard in golf psychology. He is a professor at Rollins College in Winter Park, Florida, and serves as the mental game consultant for the Golf Channel, Golf Digest, and the University of Florida. Valiante lives in Winter Park, Florida.