



# **Golfers Guide to Mental Fitness: How To Train Your Mind And Achieve Your Goals Using Self-Hypnosis And Visualization**

*John Weir*

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## **Golfers Guide to Mental Fitness: How To Train Your Mind And Achieve Your Goals Using Self-Hypnosis And Visualization** John Weir

In this breakthrough guide to mastering the mental side of golf, founder of the Mental Golf Academy and creator of the Mental Caddie, John Weir, provides a wealth of information about how the mind works and how you can make it work for you. No matter your skill level, this book will grow along with you and push you throughout your entire career.

It begins with an exploration of the mind-body connection and then reviews studies that reveal the mind's influence on performance. Next, you'll learn all about the functions and capacities of the conscious and subconscious mind before taking the biggest leap of all—into the mental training secret that other golf psychology books leave out. It pushes beyond all of the other common mental training techniques and into the discipline of golf hypnosis. Typically wrapped in supernatural packaging, hypnosis isn't a state of mind but a communication process that accelerates learning through mind relaxation.

2005 Carolinas Section PGA Teacher of the Year Ted Frick says, "All the questions and answers about how to think before, during, and after a round of golf lie within these pages. This book highlights the importance of educating your subconscious through self-hypnosis and it works!"

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