



Golf Tough: Practice, Prepare, Perform and Progress

Dan Abrahams

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Golf Tough is an original and inspiring book- a book that will transform your game.

Dan Abrahams is Lead Psychologist for England Golf, as well as a former touring professional golfer, and PGA coach. In Golf Tough, Dan offers you a powerful blueprint for improvement and a detailed plan for consistent high performance no matter what your standard of play. If you want to significantly lower your handicap, compete with greater consistency, win tournaments or reach the next level on the course, Dan's simple yet powerful philosophies, tools and techniques will help you break through your current barriers and reach your golfing goals.

Dan is renowned in the sporting world for pulling no punches and in Golf Tough he introduces the reader to a different approach to golf. This book will show you how to practice to build skill, technique and confidence - your visits to the range will become more productive and purposeful than ever, and your practice more deliberate. Dan also reveals the secret processes golfing champions employ to prepare to compete under the most intense pressure, as well as how all golfers can learn to stand on the first tee brimming with self-belief. Dan believes all golfers can learn to take control on the course - in Golf Tough he shows you how.

Taking a unique viewpoint on performance and progression, you will learn from some of the top authorities in the game - the world's leading golf statistician, one of the premier coaches in Europe, a putting coach to the stars, and a former caddy who spends his days teaching players to plot their way around the course. This accumulated wisdom, combined with Dan's cutting edge approach in sport psychology - and with up-to-date scientific research, practical lessons, and eye opening anecdotes from golf and a variety of sports - makes Golf Tough the essential golfing read.

- TRAIN your golf brain and your golf game to compete with confidence under pressure
- LEARN about your two on-course controllers - self-talk and body-language - to play with certainty, focus, energy and intelligence
- DEVELOP a golf game with a winning mental structure by creating world class pre-shot and post-shot routines
- LEARN to plot your way around a golf course intelligently by understanding and grading risk
- UNDERSTAND how the quirks of your brain hold you back, and learn tools to deal with distraction and a noisy inner voice.

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Holley Shipman:

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Effie Phillips:

A lot of people always spent their free time to vacation or maybe go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a publication. The book Golf Tough: Practice, Prepare, Perform and Progress it doesn't matter what good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book offers high quality.

Patrick Myers:

Precisely why? Because this Golf Tough: Practice, Prepare, Perform and Progress is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will zap you with the secret the idea inside. Reading this book close to it was fantastic author who all write the book in such remarkable way makes the content interior easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking approach. So , still want to delay having that book? If I were being you I will go to the guide store hurriedly.

Marcos Hawkins:

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