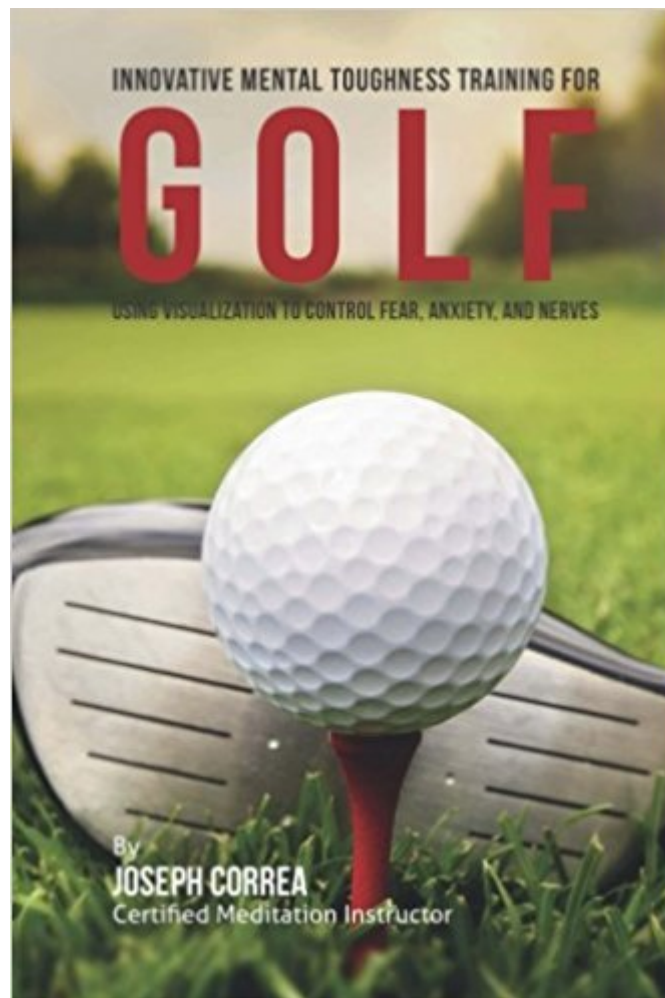




Ebook Directory
the best source of ebook

The book was found

Innovative Mental Toughness Training For Golf: Using Visualization To Control Fear, Anxiety, And Nerves



Synopsis

Innovative Mental Toughness Training for Golf will significantly change how hard you can push yourself mentally and emotionally through visualization techniques taught in this book. Want to be the best? To be the best you have to train physically and mentally to your maximum capacity. Visualizing is commonly thought of as an activity that cannot be quantified which makes it harder to see if you are improving or making a difference, but in reality visualizing will increase your chances of success much more than any other activity. You will learn three visualization techniques that are proven to improve your performance under any situation. These are: 1. Motivational Visualization Techniques. 2. Problem Solving Visualization Techniques 3. Goal Oriented Visualization Techniques. These golf visualization techniques will help you: - Win more often. - Become mentally tougher. - Outlast the competition. - Get to the next level. - Recover faster and train longer. How is this possible? Visualizing will help you to better control your emotions, stress, anxiety, and performance under pressure situations that are often the difference between success and failure. Bringing out the best in yourself in any sport and reaching your true potential can only happen through a balanced training regimen which should include: mental training, physical training, and proper nutrition. Why aren't more people using visualizations to enhance their performance in golf? There are a number of reasons but the truth is most people have never tried it before and are afraid to try something new. Others don't think that improving their mental capacity will make a difference but they are wrong. Practicing visualization techniques for golf on a regular basis will allow you to: - Increase your lung capacity by helping you relax muscle tension and decrease workload. - Recover faster after training or competing through breathing techniques that will reduce muscle stress. - Overcome pressure situations. - Train harder and longer without getting as tired. - Reduce your chances of getting cramps and muscle tears. - Improve control over your emotions under stressful conditions. - See results you never thought possible. Visualizing is hard work and requires constant practice which is why only the best do it and take all the glory. Be the best you can be by pushing yourself to your mental limit using visualizations.

Book Information

Paperback: 144 pages

Publisher: CreateSpace Independent Publishing Platform; First Edition edition (May 18, 2015)

Language: English

ISBN-10: 1512269530

ISBN-13: 978-1512269536

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,322,009 in Books (See Top 100 in Books) #87 in Books > Sports & Outdoors > Softball #1665 in Books > Sports & Outdoors > Golf #2673 in Books > Sports & Outdoors > Baseball

[Download to continue reading...](#)

Innovative Mental Toughness Training for Golf: Using Visualization to Control Fear, Anxiety, and Nerves Golf: Golf At 60: A Complete Beginners Guide for Senior Golfers to Take Care of Health, Fitness & Play Golf Like a Pro (Golf, Golf Swing, Golf For Dummies, ... Golf Etiquettes, Golf like a pro, Golfer) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) The Final Frontier in Mental Toughness Training for Tennis: Using Visualization to Reach Your True Potential Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Anatomy and Physiology Study Guide: Key Review Questions and Answers with Explanations (Volume 3: Nerve Tissue, Spinal Nerves & Spinal Cord, Cranial Nerves & Brain, Neural Integrative, Motor & Sensory Systems, Autonomic Nervous System, Special Senses) Mental Rules for Golf Revised Edition : 65 Innovative Strategies for Unleashing your Golf Potential Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Fascinating Golf Stories and More Hilarious Adult Golf Jokes: Another Golfwell Treasury of the Absolute Best in Golf Stories, and Golf Jokes (Golfwell's Adult Joke Book Series 2) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Limitless Mind: How to Effortlessly Turn Any Fear, Worry Or Panic Attack Into Happiness, Develop

Unbeatable Mental Toughness And Destroy Limitations - WITH EASE Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Discipline Your Mind: Control Your Thoughts, Boost Willpower, Develop Mental Toughness Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)