



# Fearless Golf: Conquering the Mental Game

*Dr. Gio Valiante*

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## **Fearless Golf: Conquering the Mental Game** Dr. Gio Valiante

A detailed plan for conquering the FEAR that sabotages swings and ruins psyches, from the pioneering psychologist whose techniques have benefited Davis Love III, Justin Leonard, and numerous other world-class golfers.

As Jack Nicklaus once observed, fear is the golfer's greatest enemy, inspiring Tiger Woods to "refuse" to give in to this debilitating emotion. It can turn professionals into jelly and dominate the games of most amateurs. It alters swing paths, causes "tap-in" putts to go awry, and transforms a golfer from a brilliant shot-maker on the practice range into an incompetent hack on the course.

Most golfers understand this, but do not have the tools to overcome it. That's where Dr. Gio Valiante comes in. A pioneering sports psychologist, Valiante has studied the sources of an athlete's fear, investigated the physiological and neurological impact of fear on performance, and, most important of all, developed a groundbreaking program for conquering it. With Valiante's help and by applying Fearless Golf, Justin Leonard went from three consecutive missed cuts to three consecutive top tens, and Chad Campbell recently moved from 98th in the world to 7th. Davis Love III went from zero wins in 2002 to four wins in 2003, and Chris DiMarco made the 2004 Ryder Cup Team.

Emphasizing the need to replace a fixation-on-results with a commitment to mastery of one's body and one's mind, Valiante's approach will not only help golfers reach their true potential, it will make playing every round fun again. Through concrete confidence and mastery drills, he presents specific ways readers can break free of fear's grasp and perform at their best—even under the most extreme pressure.

With detailed quotes and anecdotes given exclusively to Dr. Valiante from the best players in the game—including Jack Nicklaus, Ernie Els, and other tour professionals, *Fearless Golf* is the ultimate guide to the mental game, the hottest topic in golf today.

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