



The Performance Mindset: A Process-Focused System for Golf Excellence (Paperback)

By Kevin Sverduk

Dr. Kevin Sverduk, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When the science of golf performance meets the passion for excellence transformative results will ensue. This book will detail an easy to follow system to cultivate a mindset that will allow you to shoot lower scores and enjoy the game of golf to its fullest. Feeling stuck in a seemingly endless cycle of frustrating results, hard work, and more frustrating results is a common experience for many golfers. Golfers get stuck in two ways - first they don't accurately identify why they are making the mistakes they make and second, they don't have a system for fixing it. As a consequence, they meander from round to round, tournament to tournament haphazardly trying one new idea after another. There is no shortage of new teachers, new putters, and new training aids. What is clearly lacking however is a true understanding of what works and what will produce results. For that one needs a process-based approach that can identify a system driven by research that will be effective at demonstrating improvement. The Performance Mindset written by noted Sport Psychologist Dr. Kevin Sverduk provides...



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This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer compose this publication.

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