



Silent Mind Golf: How to Empty Your Mind and Play Golf Instinctively

By Robin Sieger

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Silent Mind Golf: How to Empty Your Mind and Play Golf Instinctively By Robin Sieger

Imagine being able to achieve the perfect mental state to make your best possible swing over every shot - stepping up fearlessly, with an inner calm that allows you to play great golf every time you stand over the ball.

Now, Robin Sieger, a lifelong golfer who also happens to be one of the world's leading motivational speakers, removes the mystery behind the mental prowess that lies at the heart of peak performance.

Too often golfers concentrate all their efforts on technique, in the belief that it is only the mechanics of the game they need to master. Instead, using easy-to-follow exercises and inspiring examples drawn from the lives of golf's greatest players, Robin's silent mind approach focuses on developing the single most neglected, least understood, but ultimately decisive dimension of the game: mental strength.

A practical, jargon-free guide to mental conditioning that will enable any golfer, whether weekend hacker or full-time professional, to understand the dynamics crucial to getting into the 'zone', *Silent Mind Golf* reveals how to empty your mind and play golf instinctively.

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Editorial Review

Review

'I wish I had this book over thirty years ago – I genuinely believe it would have prolonged my career at the highest level'

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About the Author

Robin Sieger is a leading success strategist and has a reputation as a world-class motivational speaker. In June 2011 he announced an exclusive partnership with The Concession Golf Club in Florida which will see him teach his mental path to peak performance to golfers both amateur and professional. The author of four previous books, including the international bestseller Natural Born Winners, he divides his time between his native Scotland and the US and is happiest on the fairway.

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From reader reviews:

Richard Burnett:

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