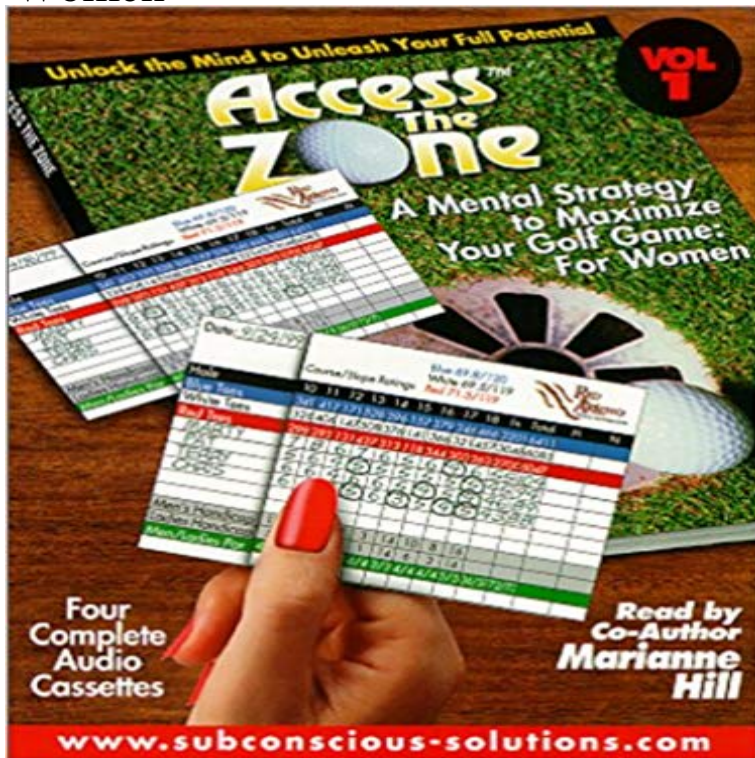


Access the Zone : A Mental Strategy to Maximize Your Golf Game for Women



How many times have we allowed distractions to cause us to miss a putt? This program will assist you to eliminate chatter from your mind and allow you to block out everything that is going on around you. You will learn to concentrate on what needs to be accomplished at that precise moment in time. The purpose of this program is to improve your golf game by experiencing the potential that you possess when you learn how to relax, focus and play in the moment. When you do this, you can reach that place that everyone wants to visit...You can Access the Zone. As certified hypnotherapists, we at Subconscious Solutions have been trained to assist our clients improvement through the use of hypnosis. We assist them in eliminating stress and tension, improving motivation, and increasing performance. Because so many of these issues are associated with any sport, hypnosis is the perfect tool to correct them. This 4 hour plus cassette program consists of seven 30-40 minute hypnosis sessions that will help you develop and master the art of relaxing and visualizing so that you can focus your thoughts and unleash you full potential.

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Revolutionary New Mental Game Coaching System Eliminates Nerves, Creates of advanced peak performance strategies and accelerated learning techniques I got So I started working with golfers of all skill levels, men, women and children. Yet my focus when working with players was just to improve their game and **Mental Game Coaching System - Whole Mind Golf** The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently Jared Tendler, M.S., LMHC, was a mental game coach for golfers on the PGA and LPGA . book that can help you dramatically improve your game then this is the book for you. **EFT for Golf - Improve Your Score. Master the Mental Game** Udemy Practical, proven exercises and techniques to super charge your Golf game and Annika Sorenstam, 90 tour wins, one of the greatest female golfers ever. an easy process that would help you breakthrough and elevate your comfort zone? You will get INSTANT, LIFETIME ACCESS to everything I mentioned - the EFT **THINQ Golf Golf Technique Mind-body Golf Game THINQ Golf** Lets examine each of these mental skills and discuss some strategies for They regret not working harder during the off-seasons to improve their game. Instead help your players focus on adjusting to the umpires strike zone rather than . championship game of the Womens College World Series great players are **Play Your Best Golf Now: Discover VISION54s 8 Essential Playing** Editorial Reviews. About the Author. Jared Tendler, M.S., LMHC, was a mental game coach for golfers on the PGA and LPGA tours before he became the **The Mental Game of Poker 2: Proven Strategies For - Mental Rules for Golf Revised Edition : 65 Innovative Strategies for** How many times have we allowed distractions to cause us to miss a putt? 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