



Players Guide to Evidence Based Golf Psychology

John Pates

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This players guide will teach you the strategies used by the psychologists who work with elite golfers. This guide provides you with a comprehensive profiling system that identifies your strengths, skills and needs as a golfer playing in competitions. You will also discover a number of intervention strategies designed to guide you towards peak performance. The interventions are used on the European Golf Tour by chartered golf psychologists and are specifically designed to help golfers improve their performances and trigger mental states such as 'flow' and 'the zone'. The knowledge in this guide has been used to help golfers win Majors, World titles and European tour events. Follow the guide and help yourself to reach your full performance potential.

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