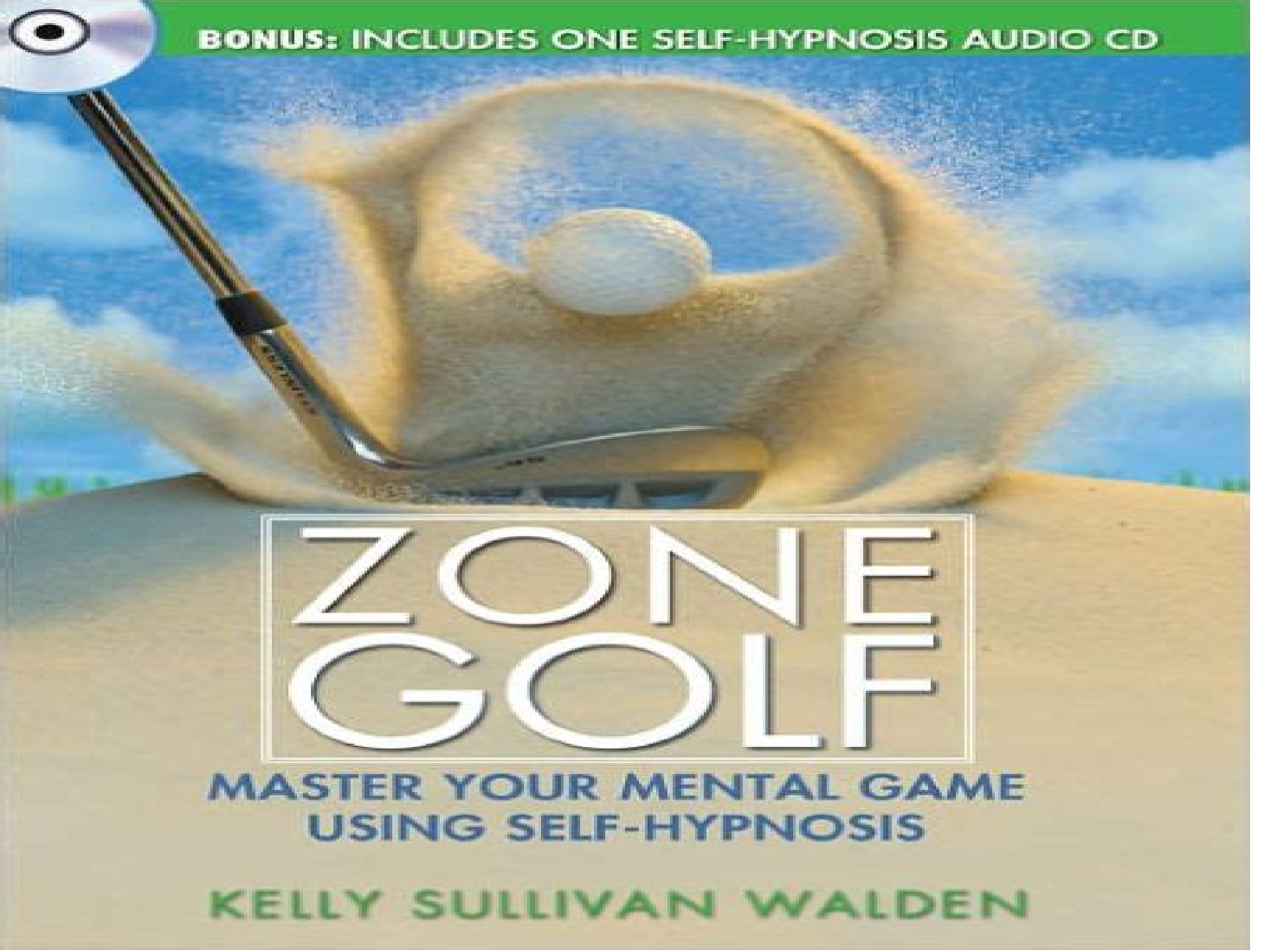




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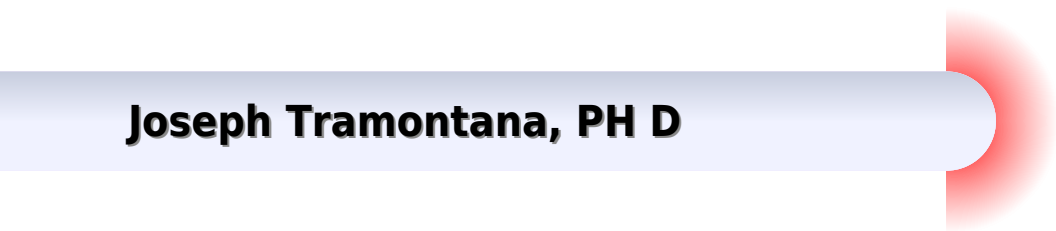
ZONE GOLF

**MASTER YOUR MENTAL GAME
USING SELF-HYPNOSIS**

KELLY SULLIVAN WALDEN

Zone Golf With Cd Master Your Mental Game Using Self Hypnosis

Joseph Tramontana, PH D



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Zone Golf Kelly Sullivan Walden,2014-05-14 The only book showing how self hypnosis can help you master your golf game Zone Golf is a revolutionary handbook showing how you can use your mind to improve your golf game Hypnosis is one of the quickest and most effective ways to create long lasting change and Zone Golf offers some powerful weapons against the yips missed putts and shots in the bunker You ll learn how the Zone secrets can take your game to a completely different level Banish the yips Sink tricky putts Conquer the bunker Play one shot at a time Achieve total focus Trust your club selection Forget missed shots Relax and swing with tempo Thrive under pressure The accompanying audio CD provides self hypnosis tracks that help you get more out of the program Written by a certified hypnotherapist Zone Golf reveals how to access the mastery of the game that you already have and lower your golf score as you raise your golf experience This program was created in conjunction with Bill Fawcett The Fawcett Group and Dana Walden *The Secret of Golf* George Peper,Mary Tiegreen,2005-01-01 Presents advice wisdom and tips on how to master the game of golf with contributions by notable teachers and stars and accompanied by instructional photographs and drawings vintage art period photographs and trivia **Books Out Loud** ,2007 **Words on Cassette, 2002** R R Bowker Publishing,2002 On Cassette ,1991 The Secrets of Hypnotic Golf Andrew Fogg,2009-11-28 Play Better Golf in Your Unconscious Mind with Hypnosis and NLP The Secrets of Hypnotic Golf is an innovative practical guide to playing the golf of your dreams Harness the power of your unconscious mind to play golf beyond your imagination using golf psychology self hypnosis and NLP Andrew Fogg the Golf Hypnotist helps amateur and professional golfers of all ages and abilities to fulfil their golfing potential and enjoy their golf You ll discover and learn how to Use self hypnosis NLP techniques to play better golf Play practice golf in your mind and in your dreams Protect yourself from covert hypnosis on the golf course Play better golf with less time on the driving range Hypnotically steal skills from your golfing heroes Have the caddy of your dreams inside your head Gain the full enjoyment success you deserve from your golf Get in the zone each and every time you play a shot Release your bad shots and capitalise on your good ones **Golfers Guide to Mental Fitness** John Weir,2014-07-28 In this breakthrough guide to mastering the mental side of golf founder of the Mental Golf Academy and creator of the Mental Caddie John Weir provides a wealth of information about how the mind works and how you can make it work for you No matter your skill level this book will grow along with you and push you throughout your entire career It begins with an exploration of the mind body connection and then reviews studies that reveal the mind s influence on performance Next you ll learn all about the functions and capacities of the conscious and subconscious mind before taking the biggest leap of all into the mental training secret that other golf psychology books leave out It pushes beyond all of the other common mental training techniques and into the discipline of golf hypnosis Typically wrapped in supernatural packaging hypnosis isn t a state of mind but a communication process that accelerates learning through mind relaxation 2005 Carolinas Section PGA Teacher of the Year Ted Frick says All the

questions and answers about how to think before during and after a round of golf lie within these pages This book highlights the importance of educating your subconscious through self hypnosis and it works **7 Strokes in 7 Days** Dawn

Grant,2020-10-08 Dawn Grant knows what you want As a professional mental trainer and hypnotist who has had a successful private practice since 2001 she has a profound understanding of the human psyche altered states of consciousness and how to train people in the best use of their mind for optimal performance 7 Strokes In 7 Days is full of concrete specific secret weapon techniques that have helped every day athletes globally as well as those credentialed in Olympics Hall of Fame World Championships PGA TOUR LPGA Web com TOUR IJGA USA Shooting ISSF PSCA USA Sporting Clays Team WBA Ironman and NCAA Training that helped Vijay Singh to win the 2008 FedEx Cup Championship and her PGA TOUR Pro clients to have an average increase in earnings of 219% In 7 Strokes In 7 Days you are guided through a simple step by step process with clear concise time proven skills that ll train you out of the limitations of your mind and into mind mastery You will improve your golf game by focusing better letting go having a quiet mind performing as well as you practice feeling calm under pressure being more consistent feeling more confident trusting yourself trusting your mechanics feeling you ve done your best seeing improvement in your scores and actually having fun golfing again You will truly get past the most common mental problems that keep you from being your best and from playing great golf worry fear doubts regrets anxiety over thinking anger expectations trying too hard wandering mind and lack of focus 7 Strokes In 7 Days takes you where other experts fall short It teaches you how to unlock your true potential accelerate performance and improve your life Your optimal state of performance The Zone State will no longer be elusive to you As an added bonus with this book you get this life changing tool for free 20 Minute Hypnosis For Transformation MP3 *How You Can Play Better Golf Using Self Hypnosis* Jack G.

Heise,2012-07-01 *Zen Golf* Joseph Parent,2002-06-18 A highly original and groundbreaking book from a noted PGA coach and Buddhist instructor The lessons in Zen Golf make the mental game seem so simple Dr Parent has given me very effective methods for working with thoughts and emotions and for taking the negatives out of the picture Vijay Singh Masters and PGA Champion By combining classic insights and stories from Zen tradition Zen Golf helps eliminate the mental distractions that routinely cause poor shots and loss of concentration allowing golfers to feel in the zone that professionals have learned to master The best players know that golf is a game of confidence and most important concentration the ability to focus and block out distraction The goal of achieving clear thought is also at the heart of Buddhist teachings PGA coach and Buddhist instructor Dr Joseph Parent draws on this natural connection and teaches golfers how to clear their minds achieve ultimate focus and play in the moment for each shot Zen Golf presents a simple system for building mental game mastery Dr Parent s unique PAR Approach focusing on Preparation Action and Response to Results guides golfers with specific techniques for each aspect of their games In chapters such as How to Get From the Practice Tee to the First Tee You Produce What You Fear and How to Enjoy a Bad Round of Golf the author shares a personal teaching regimen that has helped improve the

games of professionals and amateurs alike Clear concise and enlightening Zen Golf shows golfers how to prepare for execute and equally important respond the results of any golf shot A different approach to golf instruction this book shapes ancient philosophies into new teachings **Golf** Marlin M. Mackenzie,1990-03-01 Whether you re a world class palyer or a weekend enthusiast improving your golf game begins with your mind You may be amazed to discover what happens when you free yourself from overthinking you shots and let your unconcious mind play the game Now acclaimed sports counselor Dr Marlin Mackenzie provides more than 30 situation specific exercises to help you deepen your awareness of your emotional and intellectual barriers You ll learn to capitalize on your inner resources to play up to your potential *Play Magic Golf* Stephen Simpson,2012-06-01 Prepare for a magical journey at the speed of light to steal from the world of hypnosis meditation Zen NLP universal laws and quantum energy You are guaranteed to be a better golfer and will enjoy more confidence off the course too Non golfers have used these tools to create richness in their lives too Dr Simpson s methods have been used successfully by tour players and helped them win tournaments as well as by club golfers of all ability levels Almost all the top players have mind coaches and recognise the critical role they have played in their success Mind coaching is not for those who lack mental strength it is for those who have already proven their resilience in golf or in any other area of their life Successful people are not afraid to discover just how much higher they can climb Before you commit to discovering just how far you can take your game ask yourself Am I really ready to experiment with new ideas knowing they have worked for others Am I frustrated by how little I have to show for my efforts so far Am I ready to say Enough is enough what have I got to lose This is the second edition of Play Magic Golf and builds on the successes of the first edition and the feedback and results obtained by its readers About the AuthorDr Simpson is a medical doctor specialist Fellow of the Royal Society of Medicine and best selling audio book author He combines his medical MBA and NLP Trainer skills with his experience as an elite performance coach to deliver unique and highly successful golf coaching programmes *Play Magic Golf - How to Use Self-Hypnosis, Meditation, Zen, Universal Laws, Quantum Energy, and the Latest Psychological and Nlp Techniques to Be a B* Stephen Simpson,2010-09-01 Use the proven 3QL system and discover how to use self hypnosis to be a better golfer and find the Zone Enjoy a lot more confidence off the course too Golf Joseph Tramontana, PH D,2021-05-07 Golf is geared toward golfers open to the idea of improving their game through hypnosis Joseph Tramontana Ph D a clinical psychologist who specializes in clinical hypnosis is an internationally known author and speaker on the subject In simple language he shares how to achieve golf goals using hypnotic techniques create and develop a plan to get the results you want identify behaviors and beliefs that are holding you back gain precise control over your body Throughout the book Tramontana provides numerous case studies of athletes who have improved their game as a result of hypnosis He also explains why almost anyone can be hypnotized Tramontana s previous book on sports hypnosis was written for the hypnosis practitioner or sports psychologist but this book is written specifically for golfers You will learn methods to improve your

game through mental training techniques [Awesome Golf Now](#) LAURA. KING,2025-07-16 *Awesome Golf Now* Achieving Peak Performance with Hypnosis and NLP Master the Mental Game Used by PGA Pros to Play Your Best Golf Ever What separates elite golfers from the rest It s not just skill it s mindset If you ve ever felt stuck in your game frustrated with inconsistency or unable to break through to the next level you re not alone The secret lies in mastering your mental game just like the pros do In *Awesome Golf Now* renowned Sports Performance Coach and Certified Hypnotherapist Laura King shares the powerful mental training techniques used by professional golfers from the PGA Champions and LPGA Tours Through hypnosis Neuro Linguistic Programming NLP and visualization you ll learn how to Shave strokes off your game without endless hours of practice Eliminate self doubt and frustration stay calm and focused under pressure Stop overanalyzing your swing trust your instincts and perform effortlessly Stay in the zone let go of past mistakes and stay present on the course Unlock peak performance use your mind as a tool for success Golf legend Bobby Jones once said Golf is a game that is played on a five inch course the distance between your ears Even Tiger Woods and Jack Nicklaus have used hypnosis and visualization to gain a competitive edge If you ve spent thousands on lessons high tech equipment and specialty clinics with limited results it s time to invest in your mental game Whether you re a weekend golfer a club champion or an aspiring pro *Awesome Golf Now* will help you unlock your full potential Take your game to the next level start your journey to peak performance today [Between the Ears](#) Mickey Martin,2020-09-16 *Between the Ears* will help you develop the winning attitude of a top competitive golfer In six easy to read chapters you will discover your imagination realize your abilities create your success and achieve on the course and much more Each chapter is filled with positive insights into mastering your mental golf game You will easily discover the power of visualization and the confidence of conquering your fears *Between the Ears* is a concise lesson on achieving your dream of becoming a better player You will soon realize you can believe in yourself [Mind Over Golf](#) Don Sauers,Tom Nieporte,2014-06-10 There s an interesting point at which the psychological and technical sides of golf meet and Tom Nieporte and Don Sauers discover this by talking with America s leading golf professionals The tips provided in this book will help golfers of any level discover or regain confidence that will drop strokes off of every golfer s score Any golfer must know how to master the eight major golfing skills and from this book golfers will learn how easy it is to turn handicapping weaknesses into winning strengths The most valuable advice here is sure to cultivate winners on the green **Playing in the Zone** William Chandon,2022-01-08 Golf is one of the most if not the most complex sports because of the massive number of variables involved in golf We have a large number of tools that we use to play the game We have 14 clubs that we use to hit an infinite number of shots In addition we play the game outdoors which introduces an exceptionally large number of variables that we have to manage skillfully to perform well The complexity of golf places significant value on having a strong mental game A strong mental game helps us manage the complexity of golf without becoming overwhelmed and in a state of analysis paralysis The biggest mistake that golfers make is that they

overuse their analytical ability and underuse their imaginative ability as they try to manage golf's complexity. We need well developed analytical skills and imaginative skills. Most golfers already have or can develop sufficient analytical skills to play golf. Our educational systems are heavily biased toward analytical skill development and do very little imaginative skill development. This book focuses primarily on developing your imaginative skills because those are the key skills involved in playing in the zone. The essence of a strong mental game is skillfully managing our thinking, emotions, and physical states in order to perform at our highest levels. We apply our mental game knowledge to develop ourselves and make important changes so that we can perform at our highest levels. This kind of learning and skill development is primarily an imaginative process. You'll learn the art of mental practice with this book. With mental practice, you'll learn to use your imagination powerfully to accelerate your learning and skill acquisition. You'll learn to manage your thinking, emotions, and physical states using your mental practice. For many of us, golfers playing at our highest levels or in the zone is an unpredictable event. We don't know why it only sporadically happens. After we've learned to practice mentally, we recognize that the experiences that we have while mentally practicing are similar to the experiences that we have while playing in the zone. That's because playing in the zone is an imaginative skill. We learn to play in the zone more often with our mental practice. This book is for golfers who are committed to actualizing their potential. Developing a strong mental game takes time, practice, and persistence. Developing a strong mental game is similar in scope to the developing our ball striking and short game skills. There's no magic pill. We get to work. We consistently work on the right things in the right ways. Large breakthroughs are possible, but on a daily basis, we put in the right work and confidently wait for the results to come. Put in the right work on your mental and physical games, and you'll get significant results. Making a golf sports psychology workbook both simple and powerful is challenging. Our mind is an exceptionally powerful and complex system. Most golf sports psychology books try to entertain, motivate, and educate the reader with stories, inspirational quotes, and anecdotes. This book is different. You'll find no entertaining or motivational stories in this book. This book is a roadmap to guide you on your journey to golfing excellence. This workbook is filled with short mental practices that you'll do on a daily basis. Each day, you'll read a few paragraphs about a specific golf mental game topic. Then you'll actively engage your imagination for 15 minutes and see, feel, and hear yourself making improvements in the ways that you train and compete. You'll find great satisfaction as you learn, make changes, and improve the performance of your mind and body in golf.

The Easy Way to Improve Your Golf; With S/A Hypnotism , Ask Yourself These 10 Important Questions. How Would You Like to:

- 1 Hit your ball longer and straighter than you ever thought possible __Yes__ No
- 2 Get rid of your slice once and for all __Yes__ No
- 3 Take your game to the next level __Yes__ No
- 4 Hit your driver an extra 30 yards __Yes__ No
- 5 Putt like a pro and effortlessly sink those impossible putts and watch your ball be magnetically drawn to the cup __Yes__ No
- 6 Hit all your chip and pitch shots dead on the pin from 100 yards in __Yes__ No
- 7 Hit all your tee shots long and straight down the middle of the fairway __Yes__ No
- 8 Lower your handicap 5 10 15 strokes __Yes__ No
- 9 Hit

your driver fairway woods and long irons better __Yes__ No 10 Hit all your shots with pinpoint accuracy __Yes__ No If you answered Yes to any of these questions then you must try our amazing new breakthrough golf improvement system called The Easy Way to Improve Your Golf with S A Golf Hypnotism S A Golf Hypnotism What Is It S A Golf Hypnotism is self administered hypnotism to mentally reprogram your subconscious mind to improve your golf game It is also known as autosuggestion or self hypnotism When using S A Golf Hypnotism you will be able to give your subconscious mind suggestions while in a state of hypnosis We provide you with 25 surefire suggestions that are guaranteed to improve your game After a short time your subconscious mind will begin to believe the information that you have been feeding it and will finally accept it as truth Once your subconscious mind After using our S A Golf Hypnotism system believes you are a great golfer who consistently pars or better on every hole a golfer who consistently makes his shots hits the fairway hits the greens and takes only two putts or less to get the ball in the hole your conscious mind will begin to believe it and you will find it extremely easy to make shots you never thought you could hit the ball long high and straight down the middle of the fairway cut 5 10 15 strokes off your handicap and take your game to the next level THAT S WHAT S A GOLF HYPNOTISM CAN DO FOR YOU Does S A Golf Hypnotism work You bet it does These principles have helped countless people achieve success in their own particular calling And these very principles will help you become a better golfer Before long your golf buddies will stare in amazement at all the great shots you make Your Mind Can Ruin Your Game or Make You a Winner Why do some men or women succeed at golf while others fail time and time again You should know the answer by now What s the major difference between the golfer who is at the top of their game and the golfer who that s not What s the difference The way he or she thinks Start Thinking Right Using S A Golf Hypnotism and You ll Start Playing Right The golfer who is on the top of their game thinks in terms of 100% success on the course at all times While the golfer who is not at the top of their game thinks in terms of failure most of the time Jim Flick one of the greatest golf instructors of all time once said Golf is 90% mental and the other 10% is physical In other words if you learn to control your mind there s no limit to how good of a golfer you can become And this is exactly what S A Golf Hypnotism can do for your golf game by controlling your mind When you practice S A Golf Hypnotism your failure days will be gone forever because your subconscious mind will be reprogrammed to expect success on all of your shots S A Golf Hypnotism is the Key to Your Success With Golf Once you begin to change your way of thinking subconsciously through S A Golf Hypnotism your success on the course will automatically rise rise and your handicap will go down down until you become the golfer you ve always wanted to be Order your copy today and you ll be on your way to your lowest golf scores ever **Michael Anthony's Mental Golf Tips** Michael Anthony, 2011-10-18 What separates The Mental Keys To Improve Your Golf unique mental golf training program from the rest of the pack is that it explains in simple steps why and how to develop a great mental game One of the major keys to developing a great mental game is to clearly understand that your mental state affects the chemistry of your brain which in turn affects your ability to

perform Then it s critical to know how to reprogram your mind to optimize your chemistry so you can play in the zone The Mental Keys To Improve Your Golf show you how to master the emotions that optimize the chemical secretions of your brain and allow you to play in the zone at your highest level of mechanical proficiency Michael Anthony s Mental Golf Tips will reinforce and enhance your understanding of his unique mental training program and help you to lower your score even more

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