



# The Heart of Golf: Access Your Supreme Intelligence for Peak Performances

*Joan King*

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## **The Heart of Golf: Access Your Supreme Intelligence for Peak Performances** Joan King

Have you ever been “in the zone” on the golf course? Have you ever felt in control of all aspects of your game with increased power, intensified focus, and mental clarity? Have you ever experienced being on automatic pilot as if someone else is swinging the golf club for you? From her fifty-seven years of playing competitive golf, expert golfer Joan King guides you through the learning levels necessary to put you into this flow state of euphoria where peak performances occur without struggle, thinking, or effort. Her approach ultimately involves learning about your true inner self. It means learning how to trust and use abilities that you have rarely exhibited but do know that you have, and to have fun doing it. “The Heart of Golf” explores negative emotions such as fear and performance anxiety, the four C’s of mind blockage, the four progressive stages of learning, the supreme intelligence of the heart, and the way to access the zone in competition. It is a player’s guide for developing your true inner self by returning to the joy and love of self instead of seeking praise and rewards from the outside world.

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