



The Mental Skills of Golf Champions

John Pates

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Do you want to play better golf? Have you ever wondered why champion golfers play better golf than the average club player? Yes physical skills are part of the story but the main reason that champions play better is that they have mastered the mental skills that allow them to play their best game regularly. It's simple, if you want to play like a champion you have to think like a champion. You can learn how to play your best golf game regularly with the help of 'The Mental Skills of Golf Champions' by Dr John Pates. Dr John has worked with top golfers including three major winners and seven Ryder Cup players. You need to know how to:

- Get into the zone.
- Control your mind.
- Increase your confidence.
- Think the way that champions think.
- Set goals and improve your game.
- Use imagery the way the top players do.
- Talk the right way to achieve and maintain success.
- Concentrate under pressure.

All that and much more is available to you in 'The Mental Skills of Golf Champions' by Dr John Pates. It's a guide and workbook that will show you how to analyze your current mindset and develop the skills that let you be a champion. Just imagine how your overall game will improve once you learn how to play your best game all the time. Testimonials: "I have worked with John for eight years. His techniques helped me win the Dunhill Championships and get into the top fifty of the world rankings. Follow the teachings in this book and you will learn how to become a winner." - Stephen Gallacher "John is one of the top sports psychologists working on the European golf tour. He has helped 3 major champions and many of my friends. He has worked with me for 9 years and has given me the confidence and mental skills to win several European PGA events. The techniques contained in this book helped me become a champion." - Paul Broadhurst.

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Wayne Ross:

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