



Mental Toughness for Golf: The Minds of Winners

By Jeremy Ellwood, Hugh Mantle, Brian Hemmings

G2 Entertainment Ltd. Paperback. Book Condition: new. BRAND NEW, Mental Toughness for Golf: The Minds of Winners, Jeremy Ellwood, Hugh Mantle, Brian Hemmings, With a foreword by Colin Montgomerie, the European Ryder Cup captain, Mental Toughness for Golf' is a refreshingly different golf psychology book. It has been said many times before that golf is 90% mental and only 10% physical. This book highlights why there is much truth in that statement. The stories presented here are a series of real life experiences from both professional and elite amateur players. They are told through the players own words. Learn how Nick Faldo reeled in Greg Norman in the 1996 Masters; how Justin Rose dealt with an endless stream of missed cuts and how Monty coped with hostile Ryder Cup spectators. This updated paperback version of the best selling book will help the reader by guiding and informing them on the best mental approach to take and will help develop a mental toughness and inner resolve whatever playing circumstances may arise. Released to tie in with 150 years of the British Open at St Andrews in July as well as the Ryder Cup in September at Celtic Manor in Wales where...



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