



Silent Mind Putting: How to Putt Like You Never Miss

Robin Sieger, David Leadbetter

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The putt is one of the most crucial shots in the game of golf. It is also one of the most highly pressured – all players know that it is on the putting green that matches are won and lost. In this book, the third in his acclaimed series on the mental game of golf, peak performance guru Robin Sieger dispels the fear that surrounds putting and shows how his intuitive silent mind approach can be used to improve our performance on the greens. Drawing on the stories of players both amateur and professional, Robin explores how poor putts are often rooted in low expectations and the memory of past errors, rather than problems of technique. In response, he offers immediate practical strategies for developing that most decisive yet underappreciated ingredient of sporting success: mental mastery. From the weekend 24 handicapper to the major-winning professional, nerveless, perfect putting remains the golfer's Holy Grail. With a silent mind we can all putt like we never miss.



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