

When you stand over the ball before a shot, do you ask yourself " am I going to slice this again?This breeds images of failure such as out of bounds, water and penalty strokes. This is all part of FEAR and that is debilitating mentally and also has physiological manifestations."

These can be tension, sweating, heart rate increase, dizziness and even more severe cases.

How can you expect positive results from a state such as this?

Pick up a copy of Fearless Golf and learn how to change this.