



By Deborah Graham The 8 Traits of Champion Golfers (1st First Edition) [Hardcover]

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Do you swing too fast, try too hard, lose concentration, lack confidence, get angry, putt poorly under pressure, finish exhausted, or suffer for hours after a hard game? The most valuable tool a golfer can bring to the course is a strong mental game. Yet many golfers and instructors take this for granted, focusing almost entirely on grip, stance, or swing technique. The 8 Traits of Champion Golfers is a unique and persuasive approach to becoming a better golfer. Leading sports psychologist Dr. Deborah Graham and Jon Stabler identify the eight crucial personality traits that separate true champions from the rest and give you easy-to-follow steps for improving your game and making it more enjoyable. Using their unique GolfPsych® program, Graham and Stabler challenge you to explore the crucial elements of your personality and measure them against the traits of such successful golfers as Lee Janzen, Dave Stockton, Michelle McGann, and Gary McCord, all of whom have worked with Dr. Graham. With player examples and a careful explanation of why each trait is important to the game of golf, Graham discusses: Focus and Concentration Abstract Thinking Emotional Stability Dominance and Competitiveness Tough-Mindedness Self-Assurance Self-Sufficiency Optimum Arousal and Managing Tension Complete with charts, self-tests, and playing tips, The 8 Traits of Champion Golfers is the only research-based, tour-proven guide to the mental game of golf, making it possible for every golfer to find their "zone" and play like a champ.

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