



The Inner Game of Golf

W. Timothy Gallwey

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SHARPEN YOUR MIND AND SHINE IN YOUR PERFORMANCE IN THE GAME OF GOLF AND IN THE GAME OF LIFE

W. Timothy Gallwey's bestselling *Inner Game* books—with more than one million copies sold—have revolutionized the way we think about sports. As he did in his phenomenally successful *The Inner Game of Tennis*, Gallwey provides methods that can be applied to situations beyond the green. *The Inner Game of Golf* delivers strategies to achieve potential—both in the crucible of competition and in everyday life. With Gallwey as a guide, you'll learn how to

- defeat your mental demons and find clarity under pressure
- dispel tensions that can sabotage your performance
- build confidence and overcome insecurities that can hijack your best instincts
- employ the art of “relaxed concentration” to improve your swing, your game, and your life

No matter what your skill set, Gallwey's pioneering strategies, real-life examples, and illuminating advice are perfect for anyone who strives to be a champion on and off the course.

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