



Der 15. Schläger (German Edition)

Bob Rotella

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Jeder Golfer darf 14 Schläger im Bag haben, doch die wirklichen Sieger haben ein klein wenig mehr dabei - eine mentale Einstellung, die sie besser spielen lässt, als alle anderen. Dr. Bob Rotella, Autor des Erfolgstitels 'Das Golf Ihrer Träume', fasst in diesem Buch seine Erfahrungen als Golfpsychologe zusammen und verrät jedem Spieler, wie er besser werden kann - bevor er einen Fuß auf den Abschlag setzt. Golfstars wie Tiger Woods nutzen den '15. Schläger', um negative Gedanken, Zweifel und Ängste auszublenden. Nur mit ihm können Champions im Training und im Turnier ihre volle Leistung bringen. Spieler, denen die richtige mentale Einstellung fehlt, sind oft niedergeschlagen und frustriert. Selbstbewusste Spieler können dagegen ihr Potenzial voll ausschöpfen. In diesem Buch stellt einer der bekanntesten Golfautoren ganz einfache Methoden vor, mit denen Golfer jeder Spielstärke ihrem Spiel den richtigen Kick geben können.

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