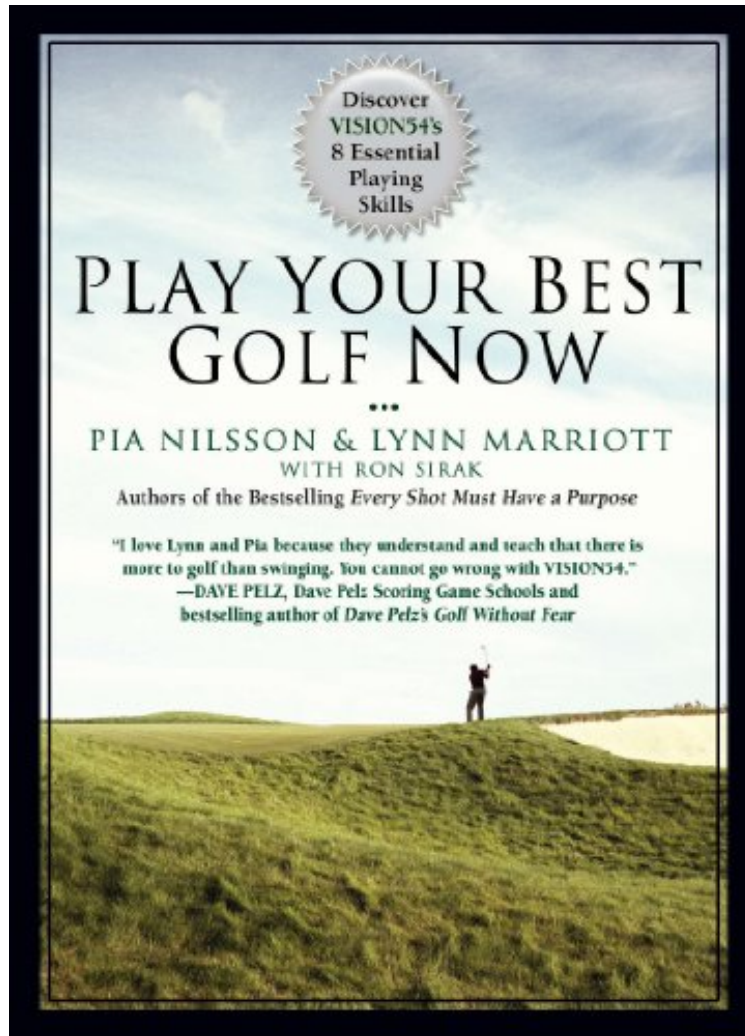


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Play Your Best Golf Now: Discover VISION54's 8 Essential Playing Skills

Von Lynn Marriott, Pia Nilsson
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Von Lynn Marriott, Pia Nilsson : Play Your Best Golf Now: Discover VISION54's 8 Essential Playing Skills
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KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Gute Tipps fr Golfer aller SpielklassenVon Meyer, Klauseinfach und verstndlich geschriebenhilfreiche Tippsgute Erklrungenvon echten Experten geschriebenspannende Erlebnisseumsetzbare Tipps fr alle SpielstrkenEmpfehlung

meines Proskann man immer wieder lesen

Kurzbeschreibung Two of golf's most revolutionary teachers share a personalized approach to accessing your peak performance. "The VISION54 approach is far more than just pure golf technique, it allows an individual to unlock their true potential by opening their mind and believing anything is possible to achieve." - David Leadbetter, David Leadbetter Golf Academy Pia Nilsson and Lynn Marriott are Complete Game Coaches, leaders of a new kind of golf instruction that focuses on more than just the grip, the stance, and the swing. Their VISION54 method targets the complete golfer-the whole person-not just the technical aspects of the game. Their coaching philosophy focuses on possibilities, not limitations, with an end goal of MY54-the idea that any golfer can reach their own personalized version of peak performance, scoring nothing but birdies on a par-72 course. Building on the core concepts introduced in Every Shot Must Have a Purpose and the strategic thinking in The Game Within the Game, Play Your Best Golf Now takes the mystery out of the soft skills of golf and shows golfers how to add these skills to their game for peak performance. Players learn to master the 8 Essential Playing Skills: 1. LEAVE YOUR MIND BEHIND and enter the Play Box 2. DECIDE AND COMMIT to your shots 3. FIND YOUR BALANCE both physically and mentally 4. FEEL YOUR TEMPO on the course and dance to its rhythm 5. TAME TENSION to improve your swing 6. BUILD EMOTIONAL RESILIENCE 7. STORE MEMORIES and learn from the past to make a better present 8. DROWN SELF-TALK IN USEFUL THOUGHTS And the 2 Essential Practice Skills: 1. SIMULATE GOLF on the practice range to maximize your time and effort 2. INTEGRATE SKILLS and practice with a plan These Essentials complement the technical anchors of the game-the grip, the stance, the swing-and give players a foundation for achieving their peak performance. MY54 is the vision, and these are the building blocks for achieving a higher level of play. Pressestimmen "What the Pros Say" "Pia and Lynn are revolutionaries in the complex, over-analyzed world of golf instruction." -Kevin Streelman, PGA Tour Player "They have shown me that magic is possible and that the only limit to what I can achieve on the golf course is my beliefs. If you believe in greatness you can make greatness happen." -Ai Miyazato, LPGA Tour player "Through their coaching I have gotten to know myself better, I know what to do to not get in my own way, and I allow myself to dream!" -Suzann Pettersen, LPGA Tour player "We share the same vision - that it's possible to birdie every hole and shoot 54, and that there are no limits to what you can achieve. In many ways, I am the embodiment of the VISION54 coaching philosophies." -Annika Sorenstam, LPGA Superstar "The week I started working with Lynn and Pia, I won! Their coaching has made my game more complete." -Na Yeon Choi, LPGA Tour Player "What Golf's Best Coaches Say" "I love Lynn and Pia because they understand and teach that there is more to golf than swinging. You cannot go wrong in following VISION54." -Dave Pelz, Dave Pelz Scoring Game Schools "There are a lot of distractions surrounding tournament golf. Lynn and Pia do a great job teaching their students how to focus on game days." -Stan Utley, coach of many PGA Tour players "What Golf Executives Say" "They have a passion for life and for golf, and their words and life experiences will help any level of golfer aspire to be the best they can be." -Dave Phillips, Co-founder Titleist Performance Institute "Pia Nilsson and Lynn Marriott understand athletes, understand competition, and have the unique ability to get the absolute best out of the players on Tour." -Michael Whan, LPGA Commissioner "Whether you're the number one player in the world, or a weekend golfer looking to discover your best game, the holistic approach of VISION54 will not only coach you to be better, it will make you love this sport even more." -Cindy L. Davis, President, Nike Golf "Their combination of logic, order, intelligence and spirituality is at once irrefutable, confidence inspiring and soothing. We went for help in how to approach golf but like so many things in

this great game it turned out to be a lesson in life." -Seth Waugh, CEO Deutsche Bank, Americas What Golf Writers Say: "Their belief and work with integrating the physical, mental and emotional through intention and practice is a model for the future." -Michael Murphy, author of *Golf in the Kingdom* and co-founder of the Esalen Institute "If you want to improve your golf game so you can hold your own with thieves, this is the book for you." -Dan Jenkins, award-winning author and *Golf Digest* columnist "Their approach isn't the same old, same old. It's fresh, and for those who believe (like me) and are willing to make an honest effort, it really works." -John Paul Newport, golf columnist, *The Wall Street Journal* "In many ways, they teach us how to be our own best friend on the golf course. Even better, the skills can be applied to any aspect of life." -Damon Hack, *Sports Illustrated* senior golf and NFL writer "Pia and Lynn look at all of the golfer's opportunities to improve, not at creating the so-called perfect swing. And they make it fun." -Peter Morrice, Senior Editor, *Golf Digest* "Pia Nilsson and Lynn Marriott are on the cutting edge of the very best teaching in golf." -Christine Brennan, *USA Today* sports columnist