



# Golf Flow

*Gio Valiante*

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Because of the level of precision required for excellence, combined with its sensitivity to a golfer's psychological state, golf is the most mental of all games. Thus a strong mental game is like having an extra club in your bag, as clear thinking translates directly to your scorecard.

The principles in *Golf Flow* have enabled Dr. Gio Valiante, the PGA Tour's most prolific performance consultant, to coach his players to over 50 professional wins in the past decade. *Golf Flow* will help you harness your mind and focus your thoughts so you can enter the elusive zone – known in psychological circles as a flow state – in which time slows down, awareness increases, focus intensifies, and golf becomes effortless.

PGA Tour champions Matt Kuchar, Justin Rose, Camilo Villegas, Vijay Singh and many other pros, as well as amateur golfers around the world, have benefitted from developing their *Golf Flow* tools with the help of Dr. Valiante. Actual accounts of conquering mental obstacles by adopting a confident and clear mind-set can be found throughout the book.

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