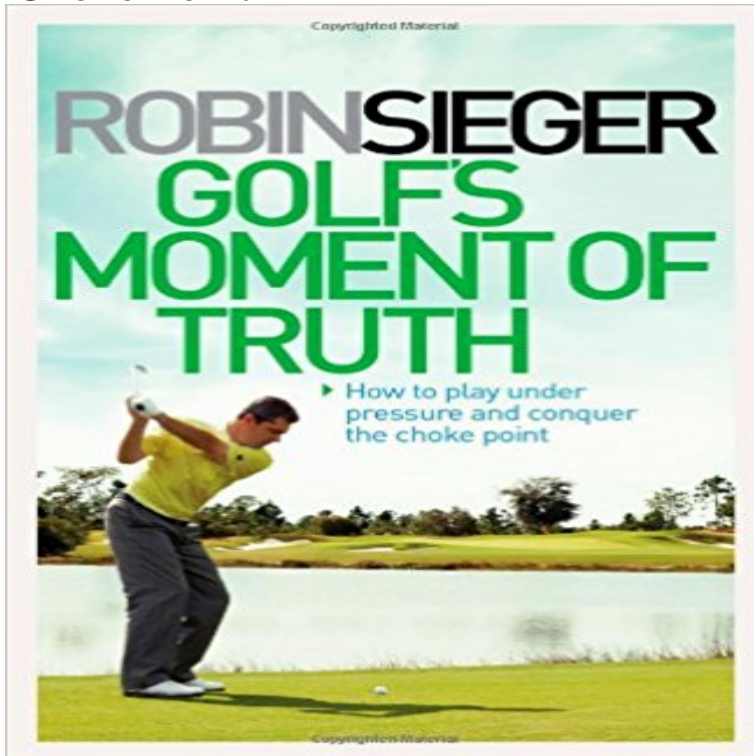


# Golfs Moment of Truth: How to Play Under Pressure and Conquer the Choke Point



Whether amateur or Tour professional, every golfer will experience that crucial moment when victory hinges on just one shot. Make it, they win; blow it and they will re-live the memory on the golf course for years to come. They have arrived at their personal moment of truth. The question is: can they handle it? The follow-up to his acclaimed *Silent Mind Golf*, this new book sees Robin Sieger explore the concept of choking and apply his easy-to-grasp mental conditioning techniques to help golfers at all levels perform under pressure. Using examples taken from the careers of the games greatest players, as well as case studies drawn from other sports and walks of life, Robin demystifies the psychological secrets of how to perform well at critical moments, and demonstrates how understanding the choke point enables us to conquer it.

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