



Golf Flow

By Gio Valiante

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The inherent discontinuity in golf—18 different holes, intervals between every shot, slow play, time waiting on the tee, breaks between rounds—poses one of the game’s greatest challenges: maintaining focus and rhythm on the course.

Golf Flow offers a cartful of time-tested principles and strategies and a bagful of innovative methods and techniques to keep the mind quiet and distraction-free. Gio Valiante, one of the PGA Tour’s most prolific performance consultants, will help you orient your mind and harness your thoughts so you can enter a flow state, or optimal performance zone, in which time, control, effort, and awareness seem both suspended and intensified.

Matt Kuchar, Justin Rose, Stuart Appleby, and many other pros, as well as golfers with much higher handicaps, have benefitted big-time from developing their Golf Flow tools. Actual accounts of conquering mental obstacles by adopting a confident and clear mind-set can be found throughout the book.

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"In Golf Flow you will learn the proven process that Dr. Gio has implemented to improve my game. Not only has it made me a better player, but it's also helped me to enjoy the pursuit of personal improvement."

Justin Rose-- 2013 U.S. Open champion; Six-Time PGA Tour Winner; 2012, 2013, 2014 Top 5 World-Ranked Player

"Dr. Gio has given me the mental tools that help me find flow."

Matt Kuchar-- 2013 champion of the Memorial Tournament and the Match Play Championship; Seven-Time PGA Tour Winner; 2013, 2014 Top 5 World-Ranked Player

"This book gives you the tools that PGA Tour players use to clear their minds and play great golf."

Camilo Villegas-- Three-Time PGA Tour Winner

"I would not be prepared for the challenges I face every week on the PGA Tour without my relationship with Dr. Gio. Finding flow has been extremely vital as I compete against the best in the world."

Bryce Molder-- Four-Time NCAA All-American, 2011 Frys.com Champion

"In Golf Flow, Dr. Gio will teach you the same principles that helped me become a winner again. I am a better golfer thanks to Dr. Gio!"

Maria Hjorth-- Five-Time LPGA Tour Winner, Five-Time Solheim Cup Member

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