

## Play like a Tiger



### Pre-game mental conditioning programme for golf

Ed McCosh, Confidence Coach

On this CD, **top Mind Coach Ed McCosh** will share the secret of the best ways to think before and during your round of golf.

It is less than 25 minutes long, so that it **easily fits into the time you have available**, which means that you'll use it regularly (perhaps on the way to the course).

It involves **simple exercises that you can do anywhere** (including on the range, putting green, or in your car), so that you'll quickly be applying the exercises to your game and **seeing your scores and consistency improve**.

The backing music entrains your brain to emit alpha and theta waves that are **proven** in helping you to:

- a) learn, **visualize** and be more creative
- b) **balance** the left and right sides of your brain\*
- c) get into a **relaxed** state
- d) **improve your ability to focus** and control your mental states.

\*Society trains people to be very left brained. But the golf swing is a much more right brained activity!

As you listen you will naturally adopt a great mindset, so that **you'll be in the peak state for playing well**.

Order your copy now: CD - £14.99 (incl P&P) or MP3 - £9.99

Email: [ed@edmccoshconfidencecoach.com](mailto:ed@edmccoshconfidencecoach.com) to place your order for either CD or MP3 now!