

Golf Without Fear: How to Play the 10 Most Feared Shots in Golf with Confidence

Dave Pelz

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From beginners to low-handicappers to PGA Tour professionals, every golfer out there has a shot they fear. Some stand over shots so frozen with fear that they can't bear to swing their club. Others, filled with anxiety, butcher shots they might otherwise hit reasonably well. After conducting worldwide surveys to determine which shots golfers fear the most, master golf instructor Dave Pelz has gathered the results of his broadsweeping research to create a methodology and conditioning process that is proven to conquer their "Top 10" most feared shots. Golf Without Fear takes an unprecedented visual approach to tackling the most difficult shots in the game - it's the first book to use "Golfer's Eye View(TM)," a technique developed for Pelz by hall of fame golf photographer Leonard Kamsler. Golfer's Eye View(TM) drops readers straight into the action, enabling them to visualize and prepare for their most feared shots before stepping out on the course. Pelz delivers a hands-on method of instruction with close-up images of the problems that strike fear into the hearts of golfers, the solutions to those problems, and step-by-step instructions for how to execute feared shots with confidence in the future, including drills you can set up and practice in your own backyard. Playing with fear leads to mental and physical effects that will damage your game, but this book is designed to help you change all that. Pelz's signature "Fear Conquering System" combines science-based golf instruction with practical savvy, helping readers change the way they perceive their most feared shots, retraining them with precise, clearly defined body positions and setups, and showing them how to hone their newly acquired skills with at-home drills. Don't let fear hold you back. Your mission, should you choose to accept it, is to conquer the shot you fear most. Golf Without Fear is a powerful course in making winners out of even your most feared shots.



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