



# **Golf Under Pressure: Conquer the choke point with a silent mind**

*Robin Sieger*

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## Golf Under Pressure: Conquer the choke point with a silent mind Robin Sieger

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.

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