



# Golf Tips And Tennis Tips: How To Play Better Golf And Tennis With Sports Psychology And Self-Hypnosis-Free Seminar

*Golf Tips And Tennis Tips: How To Improve Your Game Without Spending More Money On Lessons Or Equipment. Free Seminar*

RIVER EDGE, NEW JERSEY, UNITED STATES, June 18, 2018 /EINPresswire.com/ -- Announcing a free ninety minute seminar, How To Get Into The Zone Stay In The Zone With Sport Psychology And Self-Hypnosis, will show golfers and tennis players how to master the mental aspects of their game.



"Each participant will leave the seminar with a simple mental technique that they can start to use to get ready for their next big match,"

*Jay P. Granat, Ph.D.,  
Psychotherapist, Author,  
Founder, StayInTheZone.com*

Professional athletes, weekend warriors, young athletes, parents of athletes and coaches will find out how they can use sports psychology and self hypnosis remain confident, focus and relax on the court and on the course.

Competitive athletes who are looking for an edge and who feel they are losing to players who they should beat will learn simple, proven techniques to take their mental game and their

physical game to that next level.

Issues that will be addressed include: How To Avoid Choking, How To Build Self Confidence, How To Increase Your Focus And Accuracy, How To Be Resilient, How To Back Bounce From A Slump, How To Reduce Tension and How To Get Into The Zone And Stay In The Zone With Sport Psychology And Self-Hypnosis.

This seminar has been given to many athletes, teams, country clubs and university students.

The seminar will be lead by Jay P. Granat, Ph.D.

Dr. Granat is a psychotherapist hypnotherapist, author, licensed marriage and family and the founder of [www.StayInTheZone.com](http://www.StayInTheZone.com). He has been featured in The New York Times, Good Morning America, ESPN, Golf Digest, Tennis Magazine, Tennis View Magazine, Sports Illustrated, The BBC and The CBC.

His books include Zone Tennis and Get Into The Zone In Just One Minute. He is also the author of How To Get Into The Zone With Sport Psychology And Self-Hypnosis, How To Lower Your Golf Score With Sport Psychology And Self-Hypnosis, 101 Ways To Break Out Of A Hitting Slump and Bed Time Stories For Young Athletes. Golf Digest named Dr. Granat one of America's Top Ten Mental Gurus. He was recently featured in a documentary film on long distance running. You can see some of his books, audio programs and video programs here: <https://stayinthezone.com/product-category/cd-and-dvd-programs/>

The seminar will be held on Monday, June 25th at 7:00 PM in Bergen County, New Jersey.

"Each participant will leave the seminar with a simple mental technique that they can start to use to get ready for their next big match," according to Dr. Granat.

To reserve your spot, call Dr. Granat at 201 647-9191. Or email him at [info@stayinthezone.com](mailto:info@stayinthezone.com)

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