

Golf Tips: How To Putt Like A Pro With Sport Psychology And Self-Hypnosis

Improve your putting . Learn a simple hypnotic technique and be calm, focused and confident on the green. Free seminar. Nothing to lose but a few strokes.

RIVER EDGE, NEW JERSEY, UNITED STATES, June 26, 2018 /EINPresswire.com/ -- Tired of missing simple three foot putts?



“Professional golfers, highly ranked amateurs, weekend warriors and hackers all want to improve their putting and their short game. This simple technique can help golfers to putt in the zone.”

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

Sick of losing to players you should beat because your putting breaks down when the pressure is on?

Would you like to improve your putting without spending any more money on lessons, equipment or gadgets?

What percentage of your golf game is mental?

Golfers who want to improve their putting and lower their scores can attend a free seminar and participate in a new research study on sport psychology, hypnosis and putting.

In a preliminary study that was conducted some time ago, approximately seventy percent of golfers improved their putting after learning a simple self-hypnotic technique.

This hypnotic trance shows golfers how to improve their confidence, focus, accuracy and relaxation when they step onto the green to sink an important putt.

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

Golf Digest named Dr. Granat one of America's Top Ten Mental Gurus.

Dr. Granat is a psychotherapist, author, licensed marriage and family therapist and the founder of www.StayInTheZone.com. He has been featured in The New York Times, Good Morning America, ESPN, Golf Digest, Tennis Magazine, 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 numerous audio and video programs including: How To Get Into The Zone With Sport Psychology And Self-Hypnosis, How To Lower Your Golf Score With Sport Psychology And Self-Hypnosis, How To Putt In The Zone, 101 Ways To Break Out Of A Hitting Slump and Bed Time Stories For Young Athletes. 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/>

“Professional golfers, highly ranked amateurs and weekend warriors all want to improve their putting

and their short game. This simple technique can help golfers to putt in the zone, " according to Dr. Jay Granat.

This free seminar ninety minute seminar will be held in Bergen County, New Jersey on Monday, July 19 at 7 PM. Space is limited. To reserve your spot, call Dr. Granat at 201 647-9191. Or email him at info@stayinthezone.com

Can't make the seminar?

Dr. Granat is available for individual coaching and for seminars at your club.

Call him at 201 647-9191 or email him at info@stayinthezone.com

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