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W. Timothy Gallwey (Author)



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HUNDREDS OF THOUSANDS OF READERS ARE FAMILIAR WITH TIM GALLWEY'S NAME; HIS THREE PREVIOUS BOOKS ON TENNIS AND SKIING HAVE SOLD OVER A HALF A MILLION COPIES IN HARDCOVER ALONE, AND HIS INNER GAME CONCEPTS HAVE BEEN ACCEPTED NOT ONLY IN MANY SPORTS BUT IN OTHER AREAS OF LIFE AS WELL. NOW, IN ANSWER TO REPEATED REQUESTS, HE APPLIES INNER GAME THEORY TO GOLF, PERHAPS THE MOST DEMANDING OF ALL SPORTS. WHEN MR. GALLOWAY IS GIVING AN INNER GAME LESSON, HIS APPROACH HAS SEEMINGLY WROUGHT MIRACLES WITHIN THE SPACE OF A FEW MINUTES. BUT THERE ARE NO MIRACLES; HIS METHOD IS SIMPLY TO HELP PLAYERS TO OBSERVE WHAT IS (FOR EXAMPLE, A PERSISTENT HOOK), TO QUIET THE MIND, TO CONTROL ANXIETY AND TO THINK POSITIVELY. READERS OF THIS BOOK WHO TAKE THE AUTHOR'S PRECEPTS SERIOUSLY AND PRACTICE THEM WITH AN OPEN MIND WILL DISCOVER THAT THEY CAN LOWER THEIR HANDICAPS SUBSTANTIALLY. THERE ARE NO GIMMICKS, NO TIPS HERE; IT IS SIMPLY A MATTER OF TRUSTING YOUR BODY, OF PRACTICE, AND OF RELAXED CONCENTRATION.

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