



Dr. Fran Pirozzolo's

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**Golf** Mind Volume 1

*Mental Toughness*

“Fran has helped me since I was 18 years old. He will help you, too.  
Mental skills training is too important for golfers to overlook.”

**Justin Leonard, 1997 British Open Champion**



## About Dr. Fran Pirozzolo

Fran Pirozzolo is the President of Competitive Advantage, a consulting company specializing in individual and team performance enhancement. Fran is affiliated with the Shadow Hawk Golf Club in Houston, Texas and is on the teaching staff of the Jim McLean Golf Schools.

Dr. Pirozzolo is the team psychologist and performance enhancement coach of The World Champion New York Yankees. (1996-present) and has worked for the Houston Astros Baseball Club (1988-1995), and the Texas Rangers Baseball Club and has been a consultant to numerous world-class professional athletes such as Evander Holyfield, Justin Leonard, and Roger Clemens.

Dr. Pirozzolo has been a consultant to numerous collegiate athletic departments, including the University of Notre Dame, the University of Texas, the University of Oklahoma and the University of Houston. Dr. Pirozzolo has been a psychologist, consultant, friend and confidant to many top touring professionals.

Dr. Pirozzolo has published 14 books and over 250 scientific and popular articles. His most recent golf books include *The Game I Love* (Random House) with golf legend

Sam Snead, *The Putter's Pocket Companion* (Harper Collins) with teacher Jim McLean and *The Mental Pocket Companion* (Harper Collins). Fran collaborated with McLean on a Golf Channel production of "Sam Snead: A Swing for A Lifetime" and has done a video with the legendary Byron Nelson. Fran has collaborated on a book on leadership entitled *Multiple Intelligences and Leadership* (with scholars Ron Riggio and Susan Murphy).

Dr. Pirozzolo holds degrees from the University of Chicago and the University of Rochester. His academic credentials include professorships at UCLA, The University of Minnesota, and Baylor College of Medicine; serving as Chief of the Neuropsychology Service at Baylor for fifteen years. Dr. Pirozzolo also is a Visiting Scholar with Kravis Leadership Institute at Claremont-McKenna College and has received numerous awards for research and community service. Dr. Pirozzolo was appointed to the prestigious National Academy of Science's Committee on Techniques to Enhance Human Performance. He has also studied the individual and team performance of astronaut crews at NASA's Johnson Space Center.



## GolfMind Volume 1: Mental Toughness Sessions

- **Managing Mistakes** We all know that mistakes are part of the game of golf. It's how you handle mistakes that determines how well you will play. Have an approach to mistakes that is shared by the greatest players in the game.
- **Re-Focusing After a Mistake** Own a technique to use on the course to put mistakes behind you and follow with a great shot.
- **Believing in Yourself** Be confident in yourself and confident in repeating your swing. The very first step to better golf is to believe that you can! Commit to practicing, learning the fundamentals, and doing your repetitions. Train your mind and your body will follow.
- **Tournament Golf Success** When you're in a tournament, you want to do your best... from practice through the 18th hole. Get your mind tournament ready!
- **Positive Self-Talk** Turn destructive self-talk into positive, constructive self-talk! Develop a positive inner-dialogue and stop sabotaging yourself!
- **Blocking Out Distractions** Detach yourself from what goes on around you. Stay in the moment- Block out distractions and stay focused.
- **Overcoming Fear and Anxiety** Become immune to fears you face in golf by developing physical mastery over your swing and your mental approach to the game. Drop that 5-footer to win the match on the 18th hole!
- **Mental Toughness** Maintain your poise under the most demanding conditions. Play your best game under pressure.
- **Steps To Winning** Regulate your highs and lows to stay with your best game. Learn how to think, feel and react to pressure situations.
- **Mental Practice For Optimizing Performance.** Here's the training method consistently used by the world's best golfers.

GolfMind Volume 1

Mental Toughness