



“Dr. Fran Pirozzolo's GolfMind Software Exercises will take the frustration out and put mental toughness into your golf game. Concentrate better, control your emotions better, and have more fun with golf through these special training techniques.”

Dr. Fran Pirozzolo

GolfMind Volume 1: Mental Toughness Sessions:

- Managing Mistakes
- Re-Focusing After a Mistake
- Believing in Yourself
- Tournament Golf Success
- Positive Self-Talk
- Blocking Out Distractions
- Overcoming Fear and Anxiety
- Mental Toughness
- Steps To Winning
- Mental Practice For Optimizing Performance

Having trouble maintaining your poise under pressure?

Can't stay in control of your emotions?

90% of our mind's power is housed in the subconscious mind and is responsible for our behaviors, habits, and performance. That 90% can work for you or against you.

Dr. Fran Pirozzolo's Mental Toughness Software will make sure that the 90% is working for you! Mental Toughness' concise 7-minute mental training sessions are easy and enjoyable to use. All you have to do is pop the CD into

your drive and let the software do the rest. The only click you'll have to make is choosing the mental training session you'd like to run. Then sit back and relax. Look and listen and follow the training. That's it!

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"I've been blessed to have Fran as a friend and advisor since 1985. These exercises will help your game."

*Bernhard Langer
2-time Masters Champion*

"My career turned around as soon as I started working with Fran. GolfMind training continues to help

me in every tournament I play."
*Vicki Goetze-Ackerman
LPGA tour player*

"Mental toughness is the most important skill for any athlete. Fran's work with athletes has helped them to become champions."
*Roger Clemens
6-time Cy Young Award Winner*

"Without Fran, we wouldn't have won our first World Championship in two decades (1996). He's the best mental skills coach in the world!"
*Bob Watson General Manager,
NY Yankees, 1996-1998*



subconscious
training
corporation

