

TESTIMONIAL

CLEAR EDGE

Mental Discipline for the ELITE Athlete

In the past my emotions made me play **aggressive** when it wasn't the right time to play aggressive.

I no longer let my emotions get the better of me ...

when I'm coming off of a bad hole. **I know when to attack a hole and when to layoff.**

Deborah taught me how to Lock-In those emotions to **improve my game**. *Everyone wants to succeed and this is a great technique to do that!*



Liam Brace

Under 16 England Runner-Up National Championship,
representing England
South Mountain Community College
2010 NJCAA Div. II National Champions

THE CLEAREDGE DIFFERENCE

Deborah's methods have taught me how to **manage both my thoughts and my emotions.**

E-magination™ lets me visualize the shots ahead of time and actually *see the results!* **I visualize the perfect golf shot and then I make it.**

- Using my **Trigger Statement™** helps me to do a lot more than just say positive words. ***I actually believe in myself and my skills.*** I think that the mind is so powerful that when I believe in something I can actually make it come true ... and it does!
It's changed my outlook on how I play.
- ***Emotions are a very big aspect of golf.*** In England I worked with a Sports Psychologist, but we focused more on staying grounded. I use the techniques I've learned from Deborah both in golf and in my everyday life. Now **I can pick and choose what emotion is going to help me become a better athlete and a better person. That's really helpful.**