

Doctor delivers the goods

Golfer Pacific editor BRAD CLIFTON catches up with the man behind the most exciting new training program to hit golf in years, Pro Golf IQ creator Dr Jason Gregg.

HE spent years researching the effect of modified sounds on the subconscious mind and helping people around the world ditch their smoking habits and fight off obesity.

Now, leading psychologist Dr Jason Gregg has turned his wizardry to helping everyday hackers hone in on the perfect golf shot.

Gregg is the man behind the revolutionary Pro Golf IQ program, which is helping countless Australians overcome their inner demons and think like pros on the course through the use of guided imagery brain-training.

Having already received rave reviews on American talk show programs and mainstream media across Australia, Pro Golf IQ now has tour professional Terry Price shaking his head in disbelief at its potential to change the way amateur golf is played.

So it was sheer luck that Gregg fell into the psychology industry by accident.

A former IT magazine editor, Gregg was a heavy smoker when he was younger and when he got serious about quitting, he sought the assistance of a friend's mother who happened to be a hypnotist.

"One visit to her and I never smoked again – I was amazed and forever interested in how behaviour modification worked," Gregg told *Golfer Pacific*.

That miracle cure was the launch pad for a career that is now seeing Gregg reduce the gap between professional and amateur golf across the globe.

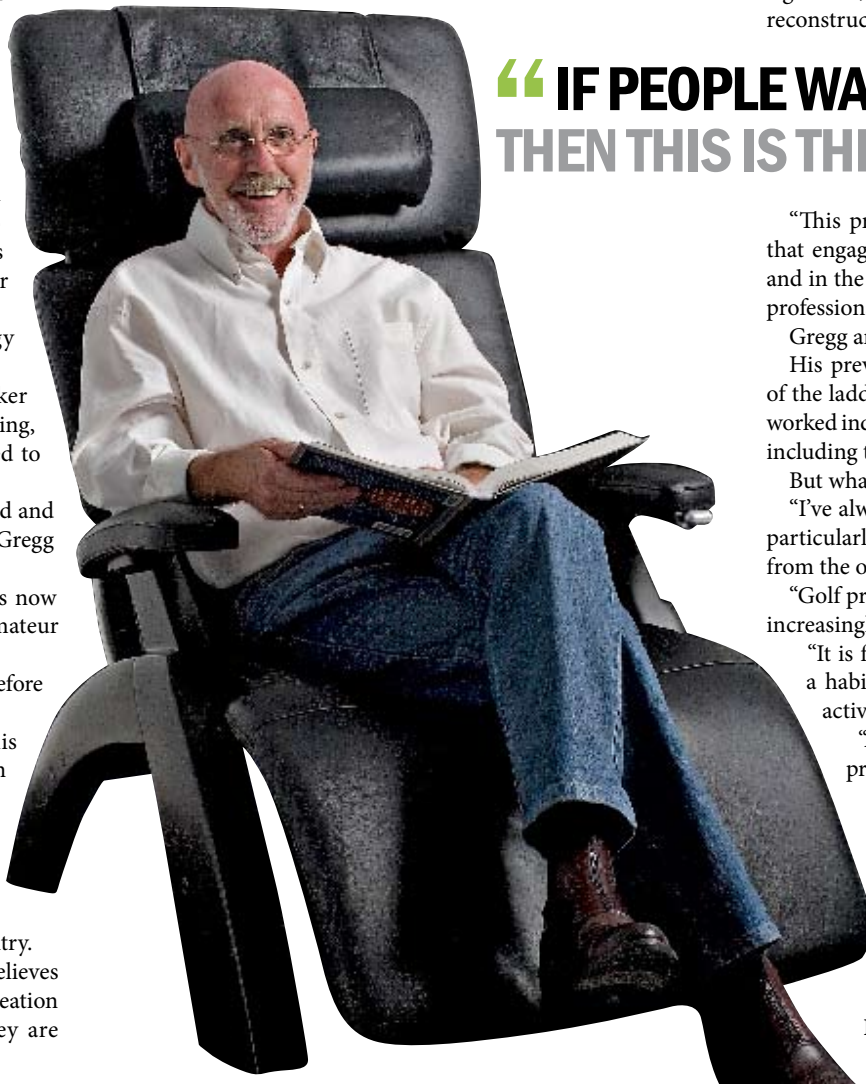
Born in Australia, Gregg spent 20 years in the US and UK, before returning to his homeland.

While in the US Army Medical Corps he completed his undergraduate degree in psychology, before taking an MBA, and finally a PhD with a research focus on cognitive studies.

In the US, he studied hypnosis and biofeedback, developing innovative, highly successful programs to help people regain control of their lives, including setting up, what was at the time, the largest weight control centre in the country.

Never one to second guess anything he is doing, Gregg believes he has designed a real winner with Pro Golf IQ – his latest creation that is guaranteed to improve anyone's golf game if they are committed.

Gregg uses his unique and patented process called 'interhemispheric synchronic mediation' brain wave entrainment plus several other key techniques in the Pro Golf IQ program.



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"This program is a form of art because it's an audio creation that engages the listener with 100 or more different soundtracks and in the process re-trains your mind so you start thinking like a professional whenever you're out on the course."

Gregg arrived on the golf scene with a glowing resume.

His previous work catapulted sporting clubs from the bottom of the ladder to premiership glory inside 12 months, while he has worked individually with some of the world's highest profile athletes, including the famous Andretti motor racing team.

But what is it about golf that has him stuck on the fairways?

"I've always been interested in helping elite sportsmen, but golf particularly interests me because it has many other benefits apart from the obvious physical activity it provides," he said.

"Golf provides us with a great break from a world that is getting increasingly tough to live in.

"It is fun and very therapeutic and when you play well it has a habit of lifting your self esteem like no other recreational activity can.

"And if people want to play good golf then this is the program for you."

Gregg said golfers should be smart when considering any type of training programs on the market that promise to turn you into the next Tiger Woods.

"There are a lot of rip-off products out there and to be honest, I am amazed at what some people will purchase," he said.

"But this program is guaranteed to achieve what it is set out to do and I think the results so far reinforce that."

If you have any questions for Dr Jason Gregg, please email info@progolfiq.com.