Dr. Gregg Introduction

Dr. Gregg Steinberg is a professor of Human Performance at Austin Peay State University.

He has consulted with many of the world's greatest athletes as well as coached some of the top CEOs and business executives from Fortune 500 companies. His work has appeared in the Wall street journal, LA times and NY times as well as appeared on the Golf Channel, CNN, Fox News and *Dancing with the Stars*. Gregg has authored 3 books, "Flying Lessons", "Mental Rules of Golf" and "Full Throttle" which is a Washington Post Best-Seller. Golf Digest ranks him as one of golf's greatest sports psychologists. He lives in Nashville with his wife Tommie and dog Fabio.

With no further adieu....here is Dr. Gregg