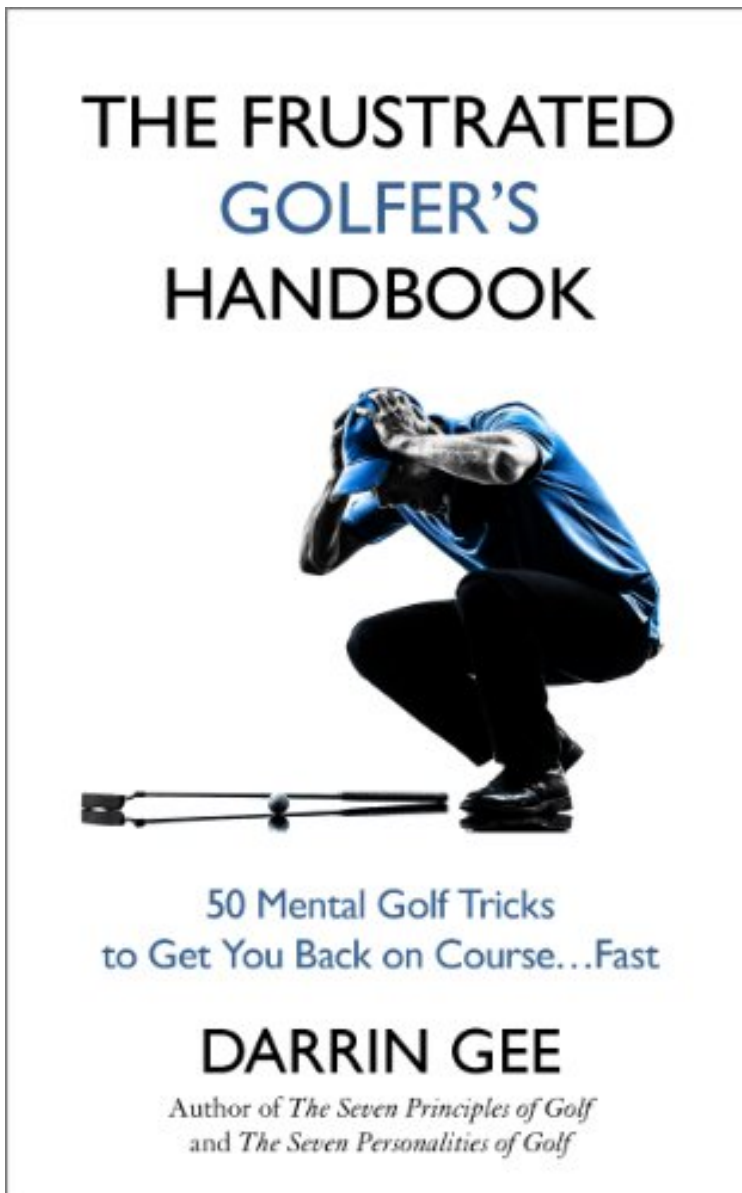


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Description :

Prsentation de l'diteur #1 Best Seller - Golf Books #1 Best Seller - Sports Psychology BooksMental golf expert and bestselling author Darrin Gee reveals 50 simple and powerful ways to play the best golf of your life. This book is designed for golfers who know they can play better than their scores reflect.Play great golf

by eliminating mistakes. Golf is 90% mental. That means that 90% of mistakes, miscues, mishits, bogeys, double bogeys or worse are caused by mental game errors. Eliminate those errors and you'll cut strokes. Simple, easy and practical. This book gives you 50 simple, easy and practical mental game tricks to eliminate devastating pitfalls that ruin rounds. Conquer your fears and learn how to: * Eliminate confusing swing thoughts * Handle stress under pressure * Hit in front of a crowd * Overcome first tee jitters * Eliminate distractions * Play with strangers * Hit over water * Commit to your shot * Play well when rushed by the group behind * Eliminate boredom and tension * Read greens and putt with total confidence * Recover from mid-round tailspins Stop repeating the same errors all golfers make. All mental golf tricks have been created, tested and proven effective based on the feedback and suggestions from golfers like you at the author's Spirit of Golf Academy, which was named one of the top golf schools in America by Golf Magazine. A Note from the Author All golfers, from PGA and LPGA tour professionals to beginners, have experienced frustration on the golf course and the driving range. I am no exception. I started playing golf when I was in college and steadily improved over the years. My handicap got down to the single digits, but then I plateaued. I knew I could play better. I started messing with my swing and my golf game went south. I got so frustrated, I quit. After a long break, I started hitting golf balls again. Something was different this time around. What was different? What was I doing? NOTHING. No swing thoughts, no distractions, no second guessing, no effort. I got out of my own way. This was the beginning of my explorations into the power of the mental game. With my education and research in psychology and my passion and commitment to the game of golf, I started my golf academy that exclusively offers mental game instruction and techniques to help golfers play their best. The Frustrated Golfer's Handbook: 50 Mental Golf Tricks to Get You Back on the Golf Course Fast, an #1 best seller, is the result of over 15 years of working with golfers like you and is designed to be a simple, easy-to-use guide that will help you eliminate common mistakes so that you can enjoy this game and play the way you are capable of playing. Scroll up to take a LOOK INSIDE or click the BUY button and change your golf game today! A Note from the Publisher This book was written for golfers looking to rapidly improve their golf performance and golf swing. It's a perfect golf coaching tool for PGA teaching professionals and junior golf coaches, pairing the mental/inner golf game with mechanics.

Darrin Gee is the founder of the Spirit of Golf Academy in Hawaii and a leader in golf psychology. His simple yet highly effective mental game approach has helped over 10,000 golfers from around the world. Presentation de l'auteur #1 Best Seller - Golf Books #1 Best Seller - Sports Psychology Books Mental golf expert and bestselling author Darrin Gee reveals 50 simple and powerful ways to play the best golf of your life. This book is designed for golfers who know they can play better than their scores reflect. Play great golf by eliminating mistakes. Golf is 90% mental. That means that 90% of mistakes, miscues, mishits, bogeys, double bogeys or worse are caused by mental game errors. Eliminate those errors and you'll cut strokes. Simple, easy and practical. This book gives you 50 simple, easy and practical mental game tricks to eliminate devastating pitfalls that ruin rounds. Conquer your fears and learn how to: * Eliminate confusing swing thoughts * Handle stress under pressure * Hit in front of a crowd * Overcome first tee jitters * Eliminate distractions * Play with strangers * Hit over water * Commit to your shot * Play well when rushed by the group behind * Eliminate boredom and tension * Read greens and putt with total confidence * Recover from mid-round tailspins Stop repeating the same errors all golfers make. All mental golf tricks have been created, tested and proven effective based on the feedback and suggestions from golfers like you at the author's Spirit of Golf Academy, which was named one of the top golf schools in America by Golf Magazine. A Note from the Author All golfers, from PGA and LPGA tour professionals to beginners, have experienced frustration on the golf course and the driving range. I am no exception. I started playing golf when I was in college and steadily improved over the years. My handicap got down to the single digits, but then I plateaued. I knew I could play better. I started messing with my swing and my golf game went south. I got so frustrated, I quit. After a long break, I started hitting golf balls again. Something was different this time around. What was different? What was I doing? NOTHING. No swing thoughts, no distractions, no second guessing, no effort. I got out of my own way. This was the beginning of my explorations into the power of the mental game. With my education and research in psychology and my passion and commitment to the game of golf, I started my golf academy that exclusively offers mental game instruction and techniques to help golfers play their best. The Frustrated Golfer's Handbook: 50 Mental Golf Tricks to Get You Back on the Golf Course Fast, an #1 best seller, is the result of over 15 years of working with golfers like you and is designed to be a simple, easy-to-use guide that will help you eliminate common mistakes so that you can enjoy this game and play the way you are capable of playing. Scroll up to take a LOOK INSIDE

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