



Win! Get the Mental Edge Skills in Golf: Get the Results by Improving Your Brain in Golf (Paperback)

By Sam Sterk

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You ve taken many lessons from golf pros but you re still left wondering, why am I not performing at my best in golf? Why is my golf game suffering? You ve certainly practiced your golf swings and worked hard to improve your game. Have you thought about what emotions may get in the way of playing golf at your best? You then realize that it s not only difficult to relax, but that you lack the Mental Edge tools necessary to perform at your best. Perhaps, it s your nerves that get in the way? Dr. Sam Sterk s book offers concise, easy-to-follow exercises that result in mastering the Mental Edge Skills in golf. Each chapter of the book has a major Sport Psychology theme and exercises to master a theme. For example, chapter three explains the power and benefits of using Visual Imagery in golf. What follows are tools to master the use of Visual imagery and ways of including it in your pre-shot routine. Another chapter is on ways to increase you Concentration while playing golf. It s...



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