



The Successful Golfer: Practical Fixes for the Mental Game of Golf

Paul McCarthy, Marc Jones

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Written by Dr Paul McCarthy (the first-ever resident Sport Psychologist at the home of golf - St Andrews Links) and leading golf consultant Dr Marc Jones, The Successful Golfer is a golf psychology book designed to help address 50 of the most common faults that players experience; faults which hold you back. These include: hitting the self-destruct button when winning, nervousness on the first tee, lost confidence, failing to practise as you play, losing focus off poor drives, and many more. Each fault is remedied with a clear practical fix. You will learn to develop effective practice plans, build a dependable pre-shot routine, cope with the pressures of competitive golf, and deal with distractions.

In the second part of the book, lessons from 30 fascinating research studies on golf are presented to help keep you ahead of the field. They include research on putting, practice, choking, and overthinking. In the third and final part of the book, clear instructions are provided on developing a number of highly effective techniques that can be used across a wide variety of situations. These include: pre-shot routines, breathing exercises, goal setting, and how best to practice.

The Successful Golfer is a must-read addition to any golfer's bookshelf. Read it and fix those mental faults that stop you from playing your best golf.

Just some of what you will learn:

- Learn to play consistently on the golf course and win when it matters most
- Develop unshakeable confidence in all facets of your game
- Build a consistent pre-shot routine to concentrate effectively and manage distractions
- Boost your resilience and learn to cope with the demands of competitive golf
- Uncover the secrets of success from the world's best golfers

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Thomas Berg:

This book entitled The Successful Golfer: Practical Fixes for the Mental Game of Golf to be one of several books that best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit upon it. You will easily to buy this book in the book retail store or you can order it by using online. The publisher in this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Smartphone. So there is no reason to your account to past this reserve from your list.

Paul Eastman:

Reading can called mind hangout, why? Because if you are reading a book especially book entitled The Successful Golfer: Practical Fixes for the Mental Game of Golf your head will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can be your mind friends. Imaging just about every word written in a book then become one form conclusion and explanation which maybe you never get before. The The Successful Golfer: Practical Fixes for the Mental Game of Golf giving you an additional experience more than blown away the mind but also giving you useful details for your better life on this era. So now let us explain to you the relaxing pattern here is your body and mind will likely be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

Richard Barbosa:

This The Successful Golfer: Practical Fixes for the Mental Game of Golf is great publication for you because the content that is certainly full of information for you who always deal with world and have to make decision every minute. This book reveal it data accurately using great arrange word or we can declare no rambling sentences included. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but hard core information with wonderful delivering sentences. Having The Successful Golfer: Practical Fixes for the Mental Game of Golf in your hand like getting the world in your arm, information in it is not ridiculous one. We can say that no e-book that offer you world in ten or fifteen second right but this reserve already do that. So , this really is good reading book. Heya Mr. and Mrs. active do you still doubt that?

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