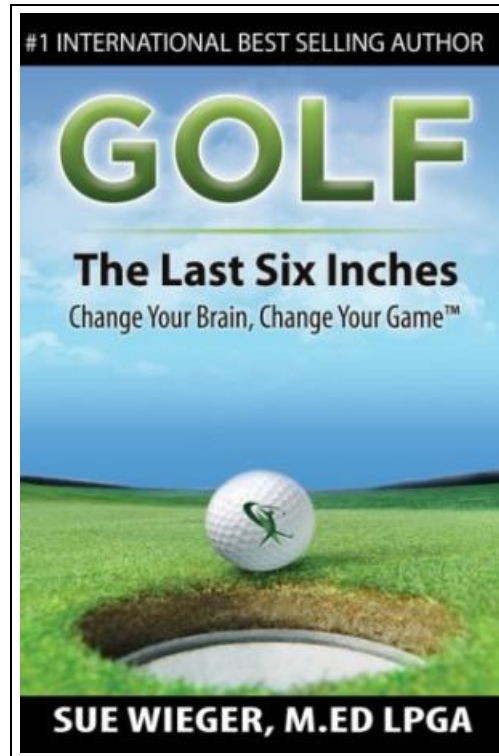


Golf - The Last Six Inches: Change Your Brain Change Your Game (Paperback)



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Reviews

It in one of the best ebook. It really is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to understand.

(Raina Lockman)

GOLF - THE LAST SIX INCHES: CHANGE YOUR BRAIN CHANGE YOUR GAME (PAPERBACK)

Suewiegorgolf.com - Sue Wieger M.Ed, LPGA, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover the Mental Secrets Smart Golfers are Using to Play Their Best Golf Every-Time They Step Onto the Course! Golf is a game that is played on a 6 inch course, the distance between the ears - Bobby Jones Most golf instruction books focus on the physical mechanics of the game; like how to improve ones golf swing, putting or chipping techniques. For most golfers this is simply a band-aid to a much bigger problem of why they struggle on the course. The true secret to playing great golf lies within the last six inches of the game, that which most people never truly learn to harness. Golf - The Last Six Inches: Change Your Brain, Change Your Game by Sue Wieger (M.Ed, LPGA) will help you THINK, PLAY and FEEL better about yourself and your golf game; whether you are an aspiring tour player, low handicap, mid to high handicap, or even a beginner golfer. Learning or playing golf does not have to be rocket science if you start with the right attitude and mindset. Ben Hogan, the greatest player in the history of golf believed anyone with average coordination could learn to break eighty if one applies oneself patiently and intelligently. Traditional golf instruction has been driven by 80-100 mechanical focus, but yet when we survey players, they tells us Oh yes, it s such a mental game, probably at least 80 of the game is mental. So how does focusing on mechanics help build mental toughness in players? Just like practicing good sound fundamentals and mechanics, you must practice peak performance attitude and mindset. The whole secret to mastering the game of golf -- and this applies...



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