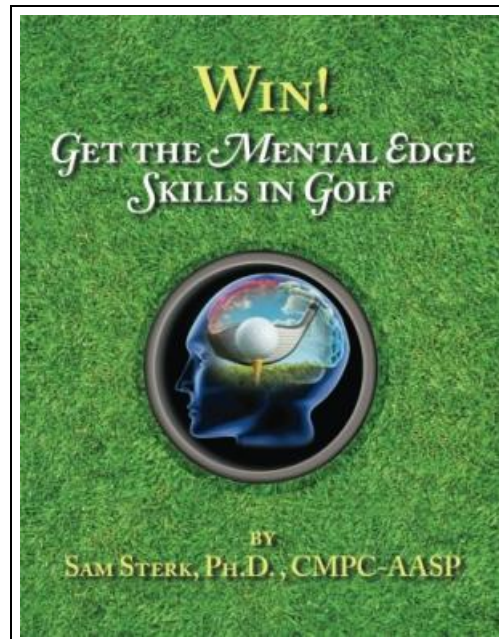


## Win! Get the Mental Edge Skills in Golf: Get the Results by Improving Your Brain in Golf (Paperback)



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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 not uncommon to lose one s focus, in the face of making golf swing errors. Dr. Sterk offers tools to improve one s focus which results in improved swing outcomes. All total, there are seventeen chapters. Thirteen of these chapters pertain to accomplishing Mental Edge Skills in your game of golf. The other three chapters describe burnout, coaching and bullying. The chapters on bullying and coaching should prove interesting to golf instructors. The easy-to-read Mental Edge Skill Chapters include some fill-in exercises that help you improve your game of golf. Yes, it s very plausible and realistic to lower your...



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