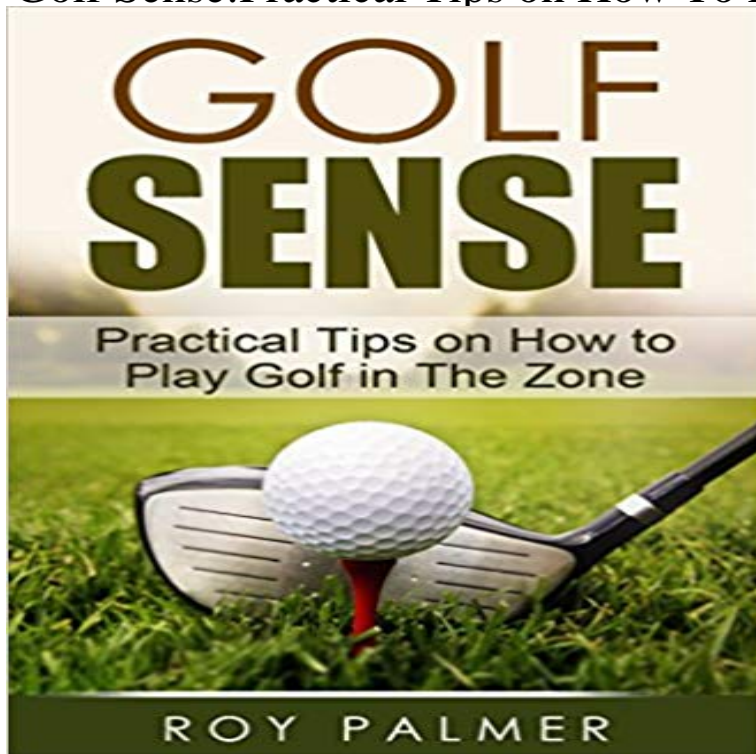


Golf Sense: Practical Tips on How To Play Golf in The Zone



You've just played two great shots to get onto the green.... and then fluffed the easiest of putts! How did that happen? Surprisingly it has little to do with your ability. It comes down to something you may never have considered; its habit. Habits can make you do things you really didn't want to do, yet most golfers remain unaware of their influence. The innovative golf tips in this book, will help you get into The Zone to breakthrough the performance limiting habits holding you back and let you take greater control over your game. You'll discover why you may not be getting the most from your golf instruction books or coach, and how to improve your game by making it simpler. You'll learn how to: -1) eradicate those annoying mistakes 2) increase your distance by using less effort with your golf swing 3) improve accuracy by not trying 4) simplify your golf You can do all this once you get into The Zone, the ultimate state in which to play at your peak and take your game to levels beyond your expectations. The book is internet linked to further resources included in the cover price. These include audio files of the techniques to download onto an mp3 player to take onto the course or range, plus advice on posture and sports injury in the form of ebooks and videos.

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