



## The Frustrated Golfers Handbook 50 Mental Golf Tricks to Get You Back on Course . Fast

By Darrin Gee

Gee & Company LLC. Paperback. Condition: New. 140 pages. Dimensions: 4.0in. x 1.7in. x 0.4in. Amazon 1 Best Seller - Golf Books Amazon 1 Best Seller - Sports Psychology Books Mental golf expert and bestselling author Darrin Gee reveals 50 simple and powerful ways to play the best golf of your life. This effective book is full of easy-to-learn golf tips to help golfers of all levels, who know they can play better than their scores reflect. Play great golf by eliminating mistakes. Golf is 90 mental. That means that 90 of mistakes, miscues, mishits, bogeys, double bogeys or worse are caused by mental game errors. Eliminate those errors and you'll cut strokes, shoot lower scores and have more fun. Simple, easy and practical. This book gives you 50 simple, easy and practical mental game tricks to eliminate devastating pitfalls that ruin rounds. Conquer your fears and learn how to: Eliminate confusing swing thoughts Handle stress under pressure Hit in front of a crowd Overcome first tee jitters Eliminate distractions Play with strangers Hit over water Commit to your shot Play well when rushed by the group behind Eliminate boredom and tension Read greens and putt with total confidence Recover from...



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