



Mastering The Mental Side Of Tournament Golf

Ernest Solivan

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Tournament players will spend hours working on mechanics for an upcoming golf tournament, but what do they do to mentally prepare? What do they do to insure that the decisions they make during competition best supports them in shooting the lowest score possible? From amateur to professional players, this remarkable book will show you why you may be struggling with your game and what you can do to change struggle to success on the golf course using Hemispheric Kinesiology. It will also help you minimize and/or eliminate those mental errors during your rounds that adversely affects your scoring. It is said that golf is 95% mental and 5% physical. When you have finished reading Mastering The Mental Side Of Tournament Golf you will understand why golf is 100% mental.



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