

Golf: Beginners Guide, Golf Tips, Peak Performance, Play Better Break 90

Zac Dixon

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Zac Dixon : Golf: Beginners Guide, Golf Tips, Peak Performance, Play Better Break 90 before purchasing it in order to gauge whether or not it would be worth my time, and all praised Golf: Beginners Guide, Golf Tips, Peak Performance, Play Better Break 90:

0 of 0 people found the following review helpful. Different kind of golfing guide By Sanjin This book was a weird one for me because it is not strictly about golf. It does have tips for golfers and beginners in that sport, but it focuses mainly on mental aspect of the game. There are not any strategies or training for getting better at golf, but there is advice on how to improve concentration, focus, calm and other mental activities crucial for the game of golf. To be fair, in the title of the book says it is a "mindset coaching" book, but I can see how some of the people are disappointed. After all, you expect something about the game itself if it has golf in a title and on the cover. I give it a good rating because the stuff that is in the book I find very helpful and well-written. It definitely has value. 0 of 0 people found the following review helpful. Golf? Nah! By Kristoffer Garcia This ebook highlights the upside (psychologically, mentally, and socially) of playing for your own benefit. It is merely a sport played for yourself but unlike the heavy balls like basketball and soccer, golf can be compared to that of a meditation wherein it clears off your mind and focuses you on your only goal: to play golf and have that ball fall into that hole. But this book is the golf metaphor that says, improve your life strategies, use your life hacks, be mindful, improve yourself physically and

psychologically, and visualize what you want to achieve in life. Actually, there is more to this book than golf. I encourage everyone to read it and make your own interpretation for it. 0 of 0 people found the following review helpful. control and how to drive further and putt better. It even includes Tiger Woods routine or program. By Samantha Neroza. My friends brought me once to play golf. A game I have never played before. Since then it gives me the interest to look for some material that will help me learn more about it. This book has given me a lot of information I needed. I was thinking it's going to be a typical instructional book but it's not. It will teach you how to visualize, control and how to drive further and putt better. It even includes Tiger Woods routine or program. And aside from all these it also has a meditation exercise. If you are a beginner like me this will give you the fundamentals for beginners, rules and basic. This book has helped me a lot.

Golf is one of those games that is exciting to think about, but once you play it, you realize it can be very difficult. I have played golf for years now and really used to hit a lot of plateaus in my younger days, and I practiced all the time. I realized as I studied sports psychology that practicing out on the course is only 20 percent of improvement compared to what the mind can do for your game. I want to help you and tell you techniques and strategies for how to break 90 or 80 - whichever number you are struggling to beat. I know for a fact from working with golfers that visualization and constant triggering of good emotions can significantly change your performance and score. Your unconscious mind knows how to hit a golf ball perfectly every time, so all I need to do is show you how to put yourself in the right state of mind. I'm going to show you how to trigger peak performance every single time you pick up your golf club and help you drop your handicap down. I will also give you course management tips that I have learned over the years and discuss how important playing smart golf is. I study success every day, and all I look for is what the best in the world are doing. I replicate that exact strategy, and this book has golf's best in it. Break your first 90 or 80 with the tips in this book.