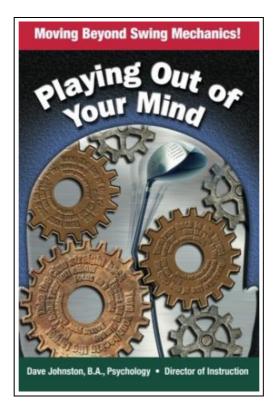
## Playing Out of Your Mind: Moving Beyond Swing Mechanics (Paperback)



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## Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me).

(Lorenz Vandervort)

#### PLAYING OUT OF YOUR MIND: MOVING BEYOND SWING MECHANICS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Part III of the trilogy that began with Just Hit The Damn Ball! This series reveals practical mental tools that are often overlooked in traditional instruction. Every golfer knows the effortless feeling of a perfect shot. The secret to consistency is discovering the recipe. Written in anecdotal style, the dialogue is based on actual conversation between Jonathan L. (a 13 handicap student) and an author researching a new golf instruction book that will help the once-a-week golfer move beyond an obsession with swing mechanics. During a nine hole round, Jonathan comes face to face with some unconscious beliefs about his game that have formed a glass ceiling for thirty-two years. As the game progresses, Jonathan comes to realize that his handicap is a reflection of habitual ways of thinking and acting. The first step to permanent improvement is awareness. The series is based on fundamental concepts of Neuro-Linguistic Programming (NLP) as popularized by Tony Robbins, Dr. Harlan Kilstein and Dr. Karl Morris. It s a quick and easy read that any golfer can understand and quickly apply. You may not have the physical dexterity to consistently hit 300 yard drives like the professionals, but you can use the same mental tools to join the elite ten percent of the worlds golfers who know the secrets to moving beyond swing mechanics.



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