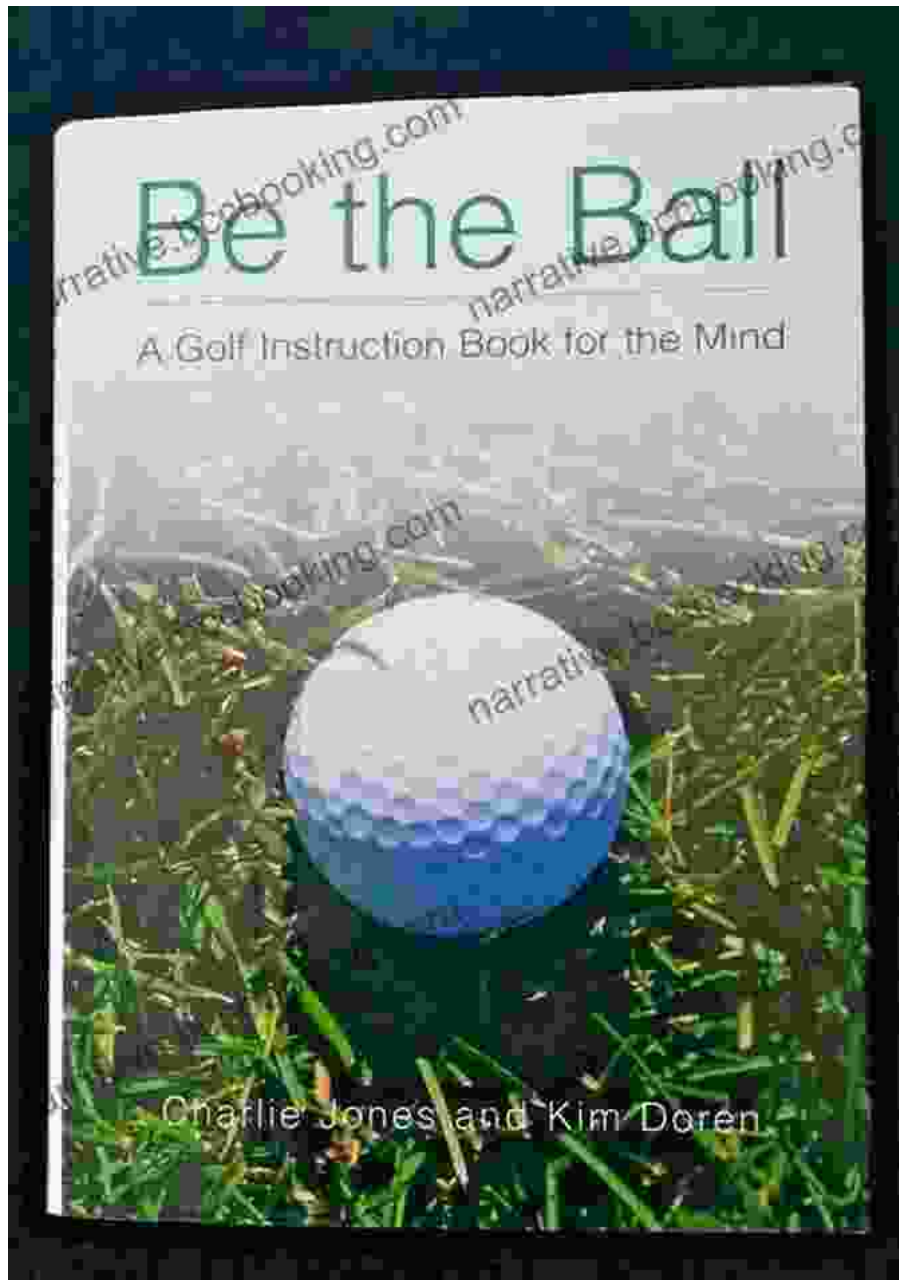


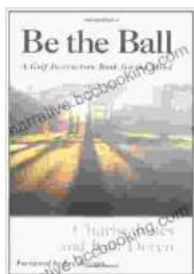
Golf Instruction For The Mind: Unlock Your Inner Golfing Genius



Master the Mental Game of Golf and Unleash Your True Potential

Golf is a game of skill, but it's also a game of the mind. The ability to stay focused, overcome obstacles, and remain consistent under pressure is

crucial to success on the golf course. Golf Instruction for the Mind provides a comprehensive guide to mastering the mental aspects of the game, equipping you with the tools to transform your performance from the inside out.



Be the Ball: A Golf Instruction Book for the Mind: The Mental Side of the Game by Charlie Jones

★★★★☆ 4.6 out of 5

Language : English

File size : 1455 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 208 pages

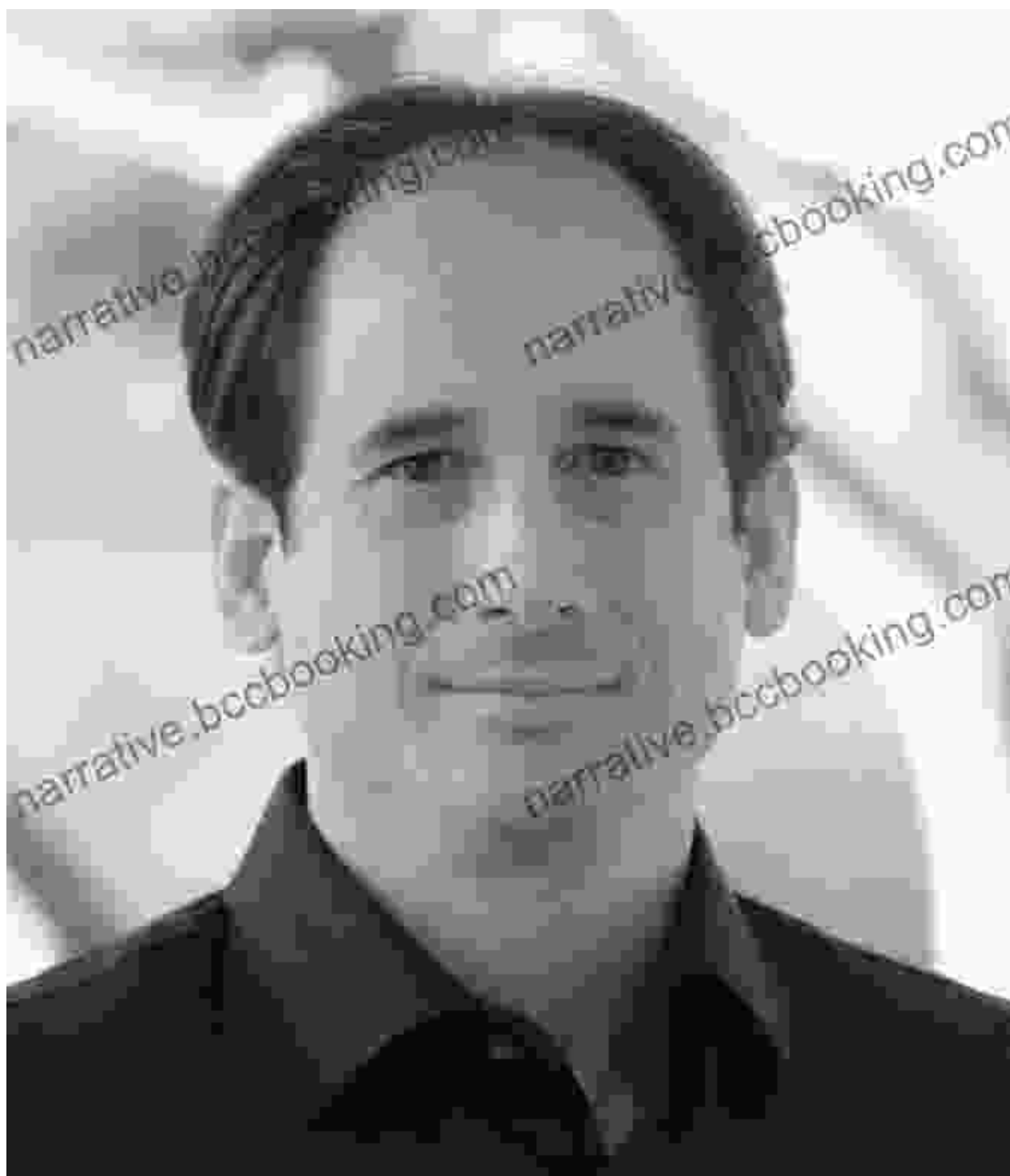


Written by renowned golf instructor and mental game expert Dr. Jim Afremow, this book draws on decades of experience and research to provide proven techniques and strategies for improving your mental game. You'll learn how to:

- Develop a winning mindset
- Overcome negative thoughts and self-doubt
- Stay focused and present during every shot
- Cope with pressure and adversity
- Visualize success and manifest your desired outcomes

Golf Instruction for the Mind is a must-have resource for any golfer looking to improve their game and reach their full potential. With its practical insights, proven strategies, and real-world examples, this book will help you unlock your inner golfing genius and start playing the game you've always dreamed of.

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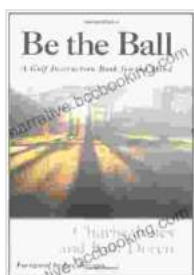
About the Author: Dr. Jim Afremow

Dr. Jim Afremow is a world-renowned golf instructor, mental game expert, and author. He has over 40 years of experience working with golfers of all levels, from beginners to PGA Tour champions. Dr. Afremow is the founder of the Golf Performance Center in Orlando, Florida, and has written numerous books and articles on golf instruction and mental game.

Reviews

"Golf Instruction for the Mind is a game-changer for any golfer looking to improve their mental game. Dr. Afremow's techniques and strategies are proven and effective, and they have helped me to overcome my mental obstacles and play with more confidence and consistency." — Tom Watson, 8-time major champion

"As a sports psychologist, I have seen firsthand the impact that Golf Instruction for the Mind can have on golfers of all levels. Dr. Afremow's approach is based on sound psychological principles, and his techniques can help you to unlock your inner potential and achieve your golfing goals." — Dr. Michael Gervais, mental performance coach to some of the world's top athletes



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