



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

By Barrister Dave Johnston

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...



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