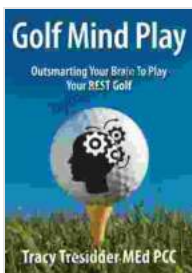


Outsmarting Your Brain To Play Your Best Golf: The Ultimate Guide to Overcoming Mental Obstacles and Unleashing Your True Potential

Golf is a challenging game that requires not only physical skill but also mental toughness. The game can be frustrating at times, and it's easy to get discouraged when you're not playing your best. But what if there was a way to outsmart your brain and play your best golf every time you step onto the course?

In his book, "Outsmarting Your Brain To Play Your Best Golf," Dr. Patrick Cohn reveals the secrets to overcoming the mental obstacles that hold golfers back from reaching their full potential. Dr. Cohn is a sports psychologist who has worked with some of the world's top golfers, including Tiger Woods, Phil Mickelson, and Rory McIlroy. He knows what it takes to play your best golf, and he's sharing his secrets in this book.



Golf Mind Play: Outsmarting your brain to play your best golf. by Tracy Tresidder

★★★★☆ 4.2 out of 5

Language : English
File size : 20267 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 94 pages
Lending : Enabled



"Outsmarting Your Brain To Play Your Best Golf" is divided into four parts:

1. **Part 1: The Mental Game of Golf**
2. **Part 2: Overcoming Mental Obstacles**
3. **Part 3: Developing a Positive Mental Attitude**
4. **Part 4: Putting It All Together**

Part 1: The Mental Game of Golf

In Part 1, Dr. Cohn introduces the mental game of golf and explains how it can affect your performance. He discusses the importance of focus, concentration, and confidence. He also provides tips on how to develop a pre-shot routine and how to stay calm under pressure.

Part 2: Overcoming Mental Obstacles

In Part 2, Dr. Cohn discusses the most common mental obstacles that golfers face, such as fear, anxiety, and self-doubt. He provides strategies for overcoming these obstacles and developing a more positive mental attitude.

Part 3: Developing a Positive Mental Attitude

In Part 3, Dr. Cohn discusses the importance of developing a positive mental attitude. He explains how a positive attitude can help you stay

focused, motivated, and confident, even when things are going tough. He also provides tips on how to develop a more positive outlook on life.

Part 4: Putting It All Together

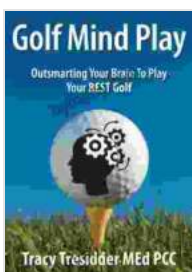
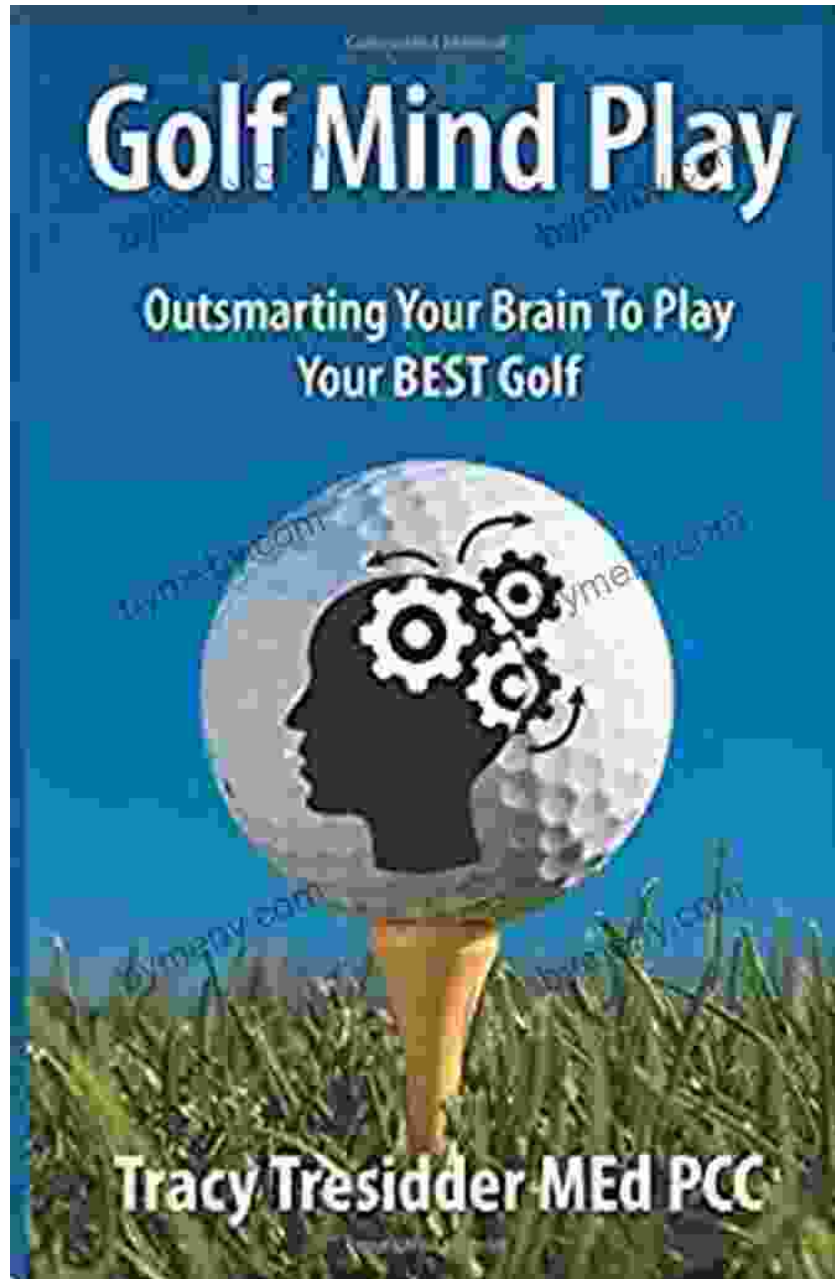
In Part 4, Dr. Cohn brings together everything he has discussed in the previous three parts and shows you how to put it all together to play your best golf. He provides a step-by-step plan for overcoming mental obstacles, developing a positive mental attitude, and playing your best golf every time you step onto the course.

"Outsmarting Your Brain To Play Your Best Golf" is a must-read for any golfer who wants to improve their mental game and play their best golf. Dr. Cohn's insights and strategies are invaluable, and they can help you take your game to the next level.

Here are some of the things you will learn from "Outsmarting Your Brain To Play Your Best Golf":

- How to focus and concentrate on the task at hand
- How to overcome fear, anxiety, and self-doubt
- How to develop a positive mental attitude
- How to stay calm under pressure
- How to create a pre-shot routine
- How to play your best golf every time you step onto the course

If you're ready to take your golf game to the next level, then Free Download your copy of "Outsmarting Your Brain To Play Your Best Golf" today.



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