

# The Seven Principles of Golf: Mastering the Mental Game On and Off the Golf Course



From the Amazon number-one best-selling author of *The Frustrated Golfers Handbook* *The Seven Principles of Golf Are Powerful* This unique and innovative golf instruction approach will increase your distance, cut strokes, lower scores, and effortlessly improve your golf game without changes to your grip, swing, or clubs. *The Seven Principles of Golf Are Simple* This book offers simple and cohesive step-by-step instruction with detailed explanations and exercises, all designed to help you hit straighter, longer, and more accurate shots. Learn easy and practical skills to hit more consistent shots; eliminate mental errors; and break through the 100-, 90-, 80-, or 70-stroke barriers. *The Seven Principles of Golf Are Effective* Golf is 90% mental. That means that 90% of poor swings, penalties, mistakes, miscues, mis-hits, bogeys, double bogeys, or worse are caused by mental-game errors. Improve your mental game, commonly known as sports psychology, and you will hit the sweet spot, maximize power, and increase accuracy. For over 15 years, the coaching offered in this book has been tested and proven at mental-golf expert Darrin Gees Spirit of Golf Academy, named one of the top golf schools in America by Golf Magazine.

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