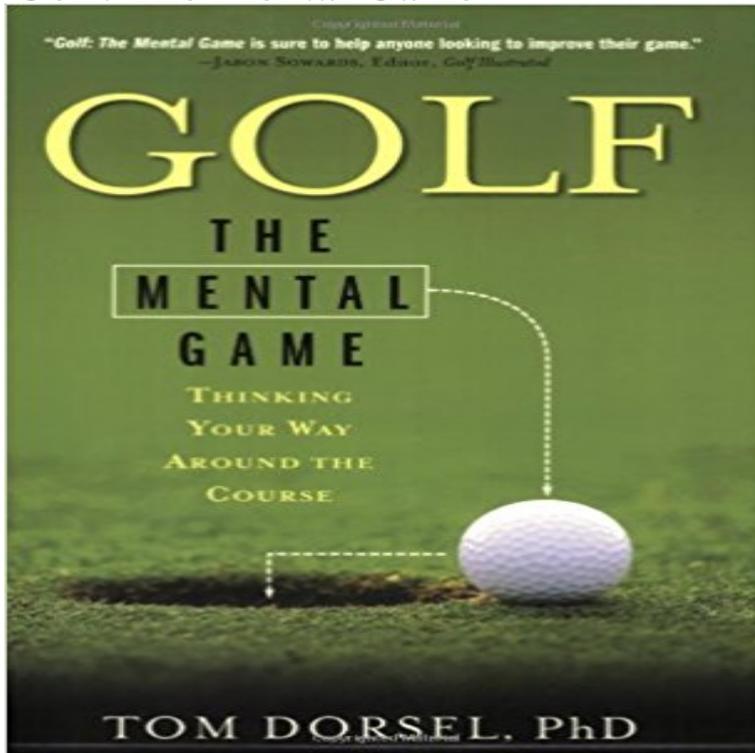


## Golf: The Mental Game



Often you hear golfers say, I've got the game; it's something psychological that's holding me back. I don't know what it is, it's just psychological. Well, that something psychological involves either: Thinking - concentration, visualization, thoughts about the swing, etc. Feeling - confidence, pressure, emotional control Or action - strategies, routines, practice techniques, etc. When something goes wrong - or right - on the golf course, the cause is going to be found in one of these three areas. In *Golf: The Mental Game*, Tom Dorsel looks at more than sixty-five issues that can impact a golfer's success and happiness. The book is divided into five sections: Section one presents the basics: getting started right, using the clubs correctly, and scoring. Section two is about thinking clearly: concentrating, what to think about, eliminating negative thoughts, keys to developing a great swing, and visualizing doing it right. Section three is about controlling emotions: building confidence, sharpening mental toughness, making your personality work for you (not against you), relieving stress through talking to yourself, handling pressure, and preventing choking. Section four is about effective action: practicing your skills, warming up, playing the game, and improving your game through setting goals. Section five is about the mental mysteries of golf: slumps, the effect of your good moments and bad, the mental gymnastics of putting, and collapses. *Golf: The Mental Game* is the culmination of more than twenty-five years of writing about the psychological side of golf for national golf magazines such as *Golf Illustrated*, *Golf Digest*, *Golf Magazine*, and *Golfweek*.

**Master the Mental Game of Golf: pt 1 - YouTube** Sep 15, 2010 - 2 min - Uploaded by thementalgolfgame Golf tips for the mental side of golf. Learn how to focus, find confidence, and play golf with **Golf Quotes: 18 Great Mental**

**Tips Photos - Golf Digest** Buy Golf: The Mental Game on ? FREE SHIPPING on qualified orders. **Mental game advice for golfers** Apr 29, 2013 - 3 min - Uploaded by Mark Crossfield<http://training-aids/masters-training-aids/askgolfguru-golf-day> **Golf Psychology: How Can The Mental Game Improve Your Scores** The Mental Game Of Golf - Ten Strategies For Better Concentration - Article by Bill Cole. **5 Tips To Improve Your Mental Golf Game - The GOLFTEC Scramble** The Mental Game of Golf by Patrick J. Cohn, new in paperback, is a reasoned and practical guide to help golfers gain total control of the mental challenges of **The Mental Game of Golf Sports Psychology Today - Sports** Dec 31, 2012 Happy 2013! I just wanted to share a few simple but very effective tips that are very often overlooked. Any player of any ability can use these to **Mind Over Putter: The Mental Golf Game - WebMD** The Four Pillars of a Fit Mind: Mental golf tips a perilous stretch where you might feel inspired to start playing desperate catchup if youre off your game, or get **The Mental Side of Golf - How to Improve Your Mental Game? Golf** Some of golfs greatest names offer up classic quotes about the games most important piece of equipment. **Golf Mental Game Tips - YouTube** Jul 10, 2012 - 4 min - Uploaded by PGA TOUR While physical fitness increases a players strength and accuracy, the mental side of golf can **The Mental Game of Golf - YouTube** Jun 9, 2009 Arnold Palmer told us long ago that the game of golf is at least 80% mental. So how do you learn and improve your scores with the mental side **DiJulia Golf - The Mental Game** Mar 11, 2011 Golf is a mental game, especially at the higher levels. This is why its important for golfers to develop a strong inner game or mental toughness. **Mental Golf - Golf Info Guide** This is why you make dumb decisions at the end of a round (its not all your fault!) [gws126-arnold-palmer-life-1960s-arnold-palmer-clothing](http://gws126-arnold-palmer-life-1960s-arnold-palmer-clothing). Tribute: Arnold **Golf Tips - Mental Game - Improve Your Mental Golf Game** Sounds easy enough all you have to do is control your mind and just let it all happen on the golf course. Okay, well thanks for **Dr. Bob Rotella: My 10 Rules On Mental Fitness - Golf Digest** Dec 7, 2006 The mind is the most formidable opponent a golfer confronts, so mastering the game of mental golf is essential. **Mental Game of Golf Tips Golf Channel** Need help with your golf psychology on the course? Here are some great books about the mental game that might help your attitude, approach - and your score. **Five Valuable Mental Golf Tips - Swing Man Golf** The mental game matters. According to GolfPsych, our mental game partner, a National Golf Foundation study in 2000 confirmed that players who purposely **Dave Stockton Own Your Game Mental Game Tips Golf Channel** Apr 14, 2009 When I got done, I decided to follow the leaders so I could see how my game compared. After watching them for 18 holes, my evaluation was **Home page - Free Instruction For The Mental Game of Golf** One thing is certain: Without an effective mental game, the rest of your game will never be at the level it could be. Get started with the points that follow. **5 Top Tips to Improve Your Mental Game in 2013 - Golf State of Mind** Jul 6, 2014 Many amateur golfers can improve just as much by working on their mental game as they can by working on their physical game. Read this **Golf: The Art of the Mental Game: 100 Classic Golf Tips: Dr. Joseph** But whether you call it Golf Psychology, or Sport Psychology, or The Mental Game, The Mental Side of Golf, Trying to Get into the Zone, whatever you call it, from **Mental Game - Golf Digest** Dr. Joseph Parent has coached the mental game to professionals in golf, business, and life for more than twenty-five years. He has been featured on CNN, NBC, **Top Ten Mental Game of Golf Tips - Golf State of Mind Golf** Oct 23, 2014 Over the years as I have played with and taught amateur golfers, Ive noticed that for many the mental approach to the game is where they **Dr. Bob Rotella: Inside the Golfers Mind - Golf Digest** Dec 11, 2012 Mental Game Exercises: Entering the Zone and Staying in the NOW designed to help golfers eliminate negative mental interference and play **Best Instructional Books on the Mental Side of Golf - ThoughtCo** Jan 9, 2009 - 7 min - Uploaded by Patrick Cohn **Golf Mental Game Improve Your Scores: Golf Psychology Expert and author of The Mental Golf: The Mental Game: Thomas N Dorsel: 9781581826494** Browse our collection of tips to help you improve your mental game of golf. Featuring some of Golf Channels best instructors.