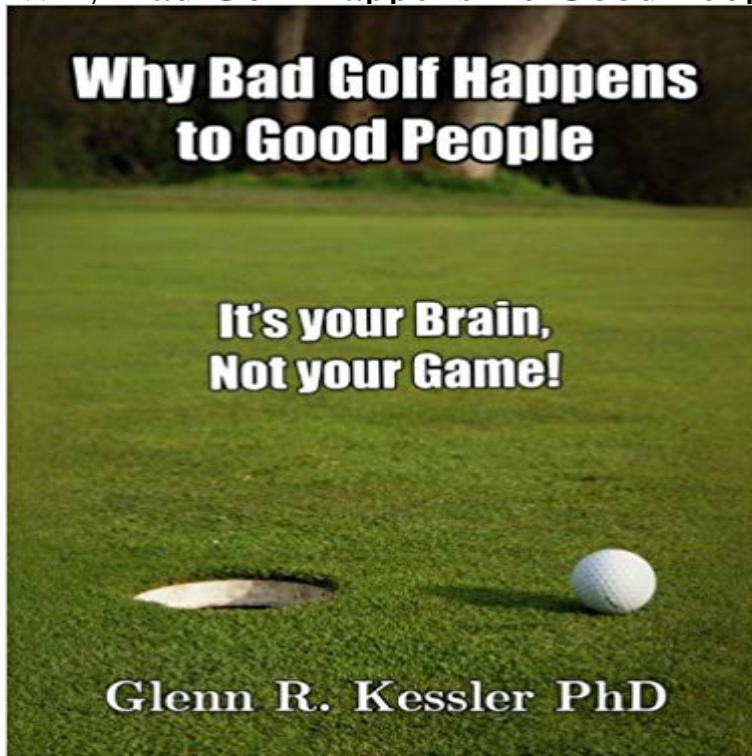


## Why Bad Golf Happens To Good People/Its Your Brain Not Your Game!



Every golfer has left the course thinking about the short putt they missed or trying to justify their poor performance by declaring that their head wasn't in the game. Anyone who plays golf recognizes the importance of the mental game. Mastering the skills involved in the mental game is not difficult. Golfers just need to practice as much mentally as they do physically. In an easy-to-understand format, *Why Bad Golf Happens to Good People* provides golfers a practical means to develop an effective mental game. Any golfer professional or amateur who is serious about improving their golf game will benefit from psychologist and avid golfer Dr. Kessler's unique advice. You'll improve your golf game by following a set of mental skills, including: Awareness Arousal control Relaxation Imagery Confidence Self-talk Concentration and focus Distraction control Address your own challenges on the course, and take your game to the next level with *Why Bad Golf Happens to Good People!*

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