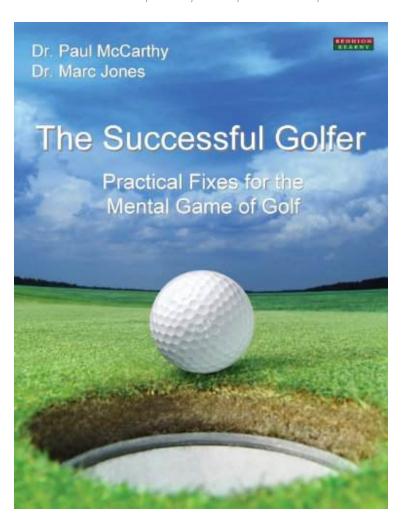
The Successful Golfer: Practical Fixes for the Mental Game of Golf

By Paul McCarthy, Marc Jones
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0 of 1 review helpful Enjoyed this book By Jacqueline I m a beginner golfer also a masters student in sport psychology Found the practical implications good good examples easy to follow definitely found the techniques will be useful

there were really good quotes but not 1 by a female golfer would have been nice with a little female representation girls golf too Written by Dr Paul McCarthy the first ever resident Sport Psychologist at the home of golf St Andrews Links and leading golf consultant Dr Marc Jones The Successful Golfer is a golf psychology book designed to help address 50 of the most common faults that players experience faults which hold you back These include hitting the self destruct button when winning nervousness on the first tee lost confidence failing to practise as you play losing focus off poo

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