



The Golf MasterMind: Plot Your Course to Better Golf

Rick Heard

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The Golf Mastermind system is a breakthrough approach that combines your physical golf skills with your mental and emotional abilities to help you play your best golf. Foreword by sports psychologist Dr. Rick Jensen. The Golf MasterMind differs from existing golf sports mental game books in two ways: First, with many existing books, it can be challenging to make the transition from reading the book to changing your game. While there are many great ideas, tips and hints, it is not so easy to put them into practice. Second, PGA and LPGA instructors know that playing well is not just a matter of the mind and the inner game. You have to have a certain amount of skill and ability in order to score. The Golf MasterMind addresses both in a real-world scenario where golfers want to lower their scores. The premise, and the basis of the "Peak Performance Pyramid" is that in order to lower your golf scores, you must have five things: 1. You must really want to do it, and you must not give up in the face of inevitable challenges and setbacks (MOTIVATION). 2. You must be able to do it; that is, your skills and abilities must be at a level to support your dreams and goals (ABILITY). 3. You must use your skills and abilities effectively (STRATEGY). 4. You must apply yourself and care about the result (FOCUS). 5. You must believe that you can do it (CONFIDENCE). The Golf MasterMind addresses each of these levels in detail, and provides a way to measure your performance so that you can track your progress as you improve. It is a practical guide that brings your outer physical golf game and your inner mental and emotional abilities together to help you reach your potential. The goal of the Golf MasterMind approach is to reduce the "gap" between your potential scores (determined by your physical golf skills) and your actual scores (determined by how you apply those skills on the course). The Golf MasterMind covers mental toughness, the focus switch, managing emotions, and optimizing your playing strategy so that you can play your best, regardless of your physical skills.



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