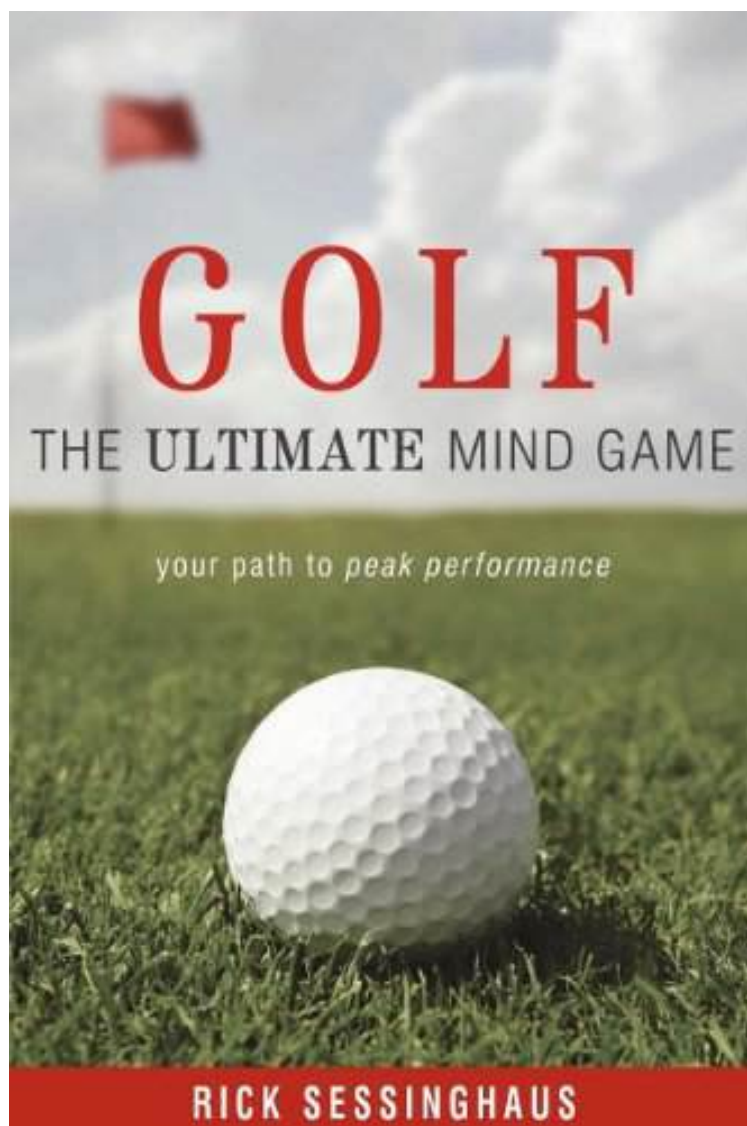



Golf: The Ultimate Mind Game

By Rick Sessinghaus

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2 of 2 review helpful I have many By Robert I have several head books for golf This one is the best well written and contains many super logical and practical ideas and plans for strategically developing a better golf game Again it s not about hoe to swing but how to recognize where and how to improve in all areas of game management and scoring Motivation goal setting and focus are three of my favorite chap In Golf The Ultimate Mind Game Rick Sessinghaus maps out the mental and emotional skills needed to play your best golf Throughout this book you will be learning the latest performance psychology skills to improve how you perform on and off the golf course You will take on the challenging game of golf by learning to Stay focused and block out distractions Develop confidence in your abilities Embrace pressure to play your best when it matters most Reconnect with

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