



# Golf Mind Play: Outsmarting your brain to play your best golf

*Tracy Tresidder*

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## **Golf Mind Play: Outsmarting your brain to play your best golf** Tracy Tresidder

Golf Mind Play is an indispensable guide for golfers of all standards. Mental golf training tips to maximise your golfing potential. This is a concise and convenient quick reference tool. The mental golf practical tips and routines will allow you to play your best golf ever. Reviewer Bruce says "Golf is the ultimate mind game, you against yourself for many golfers. This book describes eloquently how to get your mind working for you instead of against you. Instead of spending \$50 - \$100 on yet another golf lesson most golfers would benefit greatly by reading this book and understanding what the author is saying. It won't only benefit your golf game, mind games are a big part of life." The practical tips and routines will allow you to play golf out of your mind, lower your handicap and enjoy your golf more than ever. You will learn how to relax and play golf in the zone, lower your handicap by outsmarting your brain, remove your self sabotaging techniques, eliminate bad habits and mental mistakes, discover how to stay clam, enjoy your golf more and lower your handicap. Buy this book today and FOREVER CHANGE the way you think when you play golf. Download your copy today and and watch you golf game improve out of sight!

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