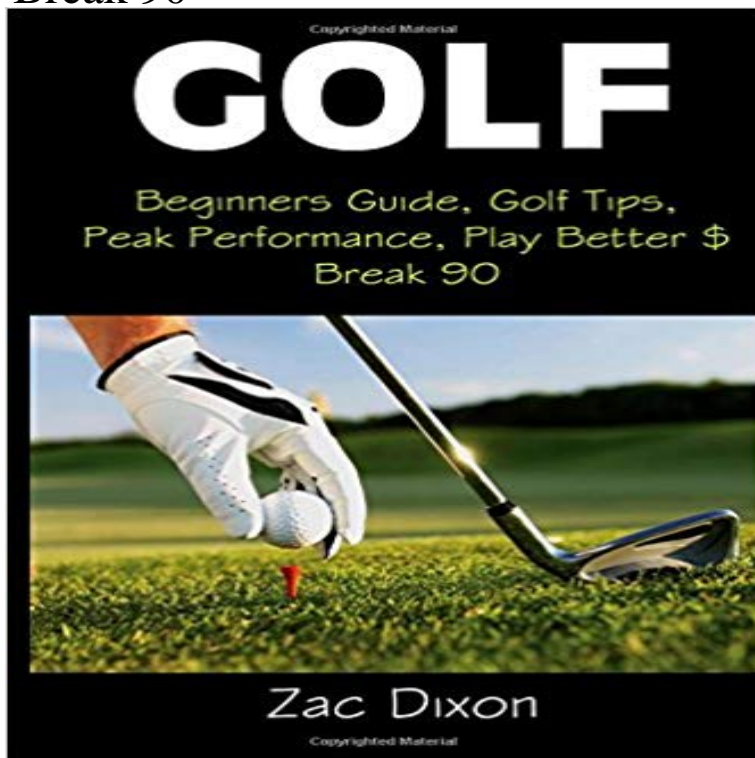


Golf: Beginners Guide, Golf Tips, Peak Performance, Play Better & Break 90



Golf- Beginners Guide, Golf Tips, Peak Performance, Play Better & Break 90 Golf is one of those games that is exciting to think about but once you play it you realize it can be very difficult. I have played golf for years now and really used to hit alot of plateau in my younger days and I practised all the time. I realized as I studied in sports psychology that practising out on the course is only 20% of improvement compared to what the mind can do for your game. I want to help you and show you techniques and strategies on how to break 90 or 80 whichever number you are struggling to beat. I know for a fact from working with golfers that visualization and constant triggering of good emotions can significantly change your performance and score. Your unconscious mind knows how to hit a golf ball perfectly every time so all I need to do is show you how to put yourself in the right state of mind. Im going to show you how to trigger of peak performance every single time you pick up your golf club and help you drop your handicap down. I will also give you course management tips that I have learnt over the years and discuss how important playing smart golf is. I study success everyday and all I look for is what the best in the world are doing and I replicate that exact strategy and this book has golfs best in it. Break your first 90 or 80 with the tips in this book

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