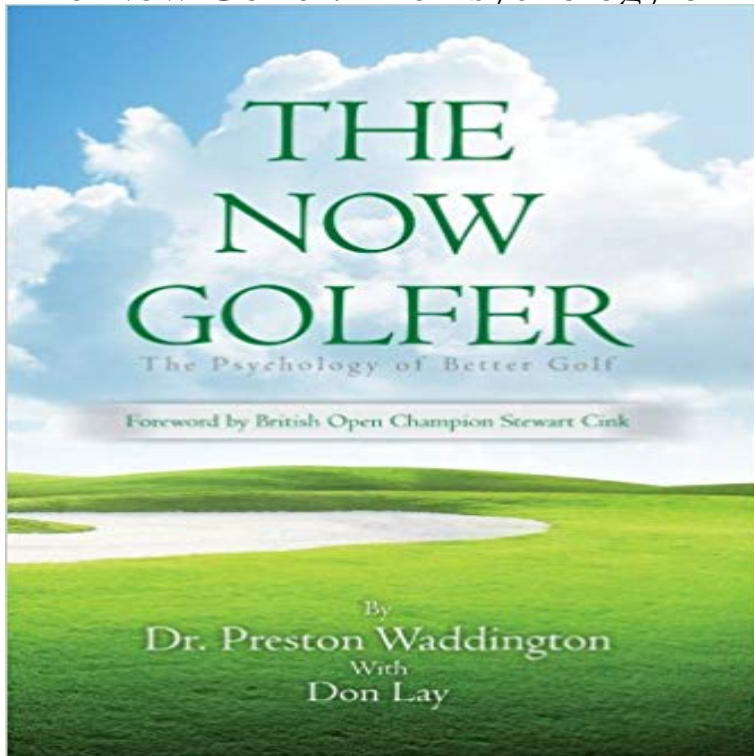


## The Now Golfer: The Psychology of Better Golf



THE NOW GOLFER is a new golf psychology book that offers players the essential mental and emotional skills to improve their games and the quality of their golf experience. This book is for golfers all golfers. Preston Waddington is a well-known psychoanalyst who has helped top professional golfers and other athletes to attain their peak performance. THE NOW GOLFER is an examination of the basic mental principles that apply to the actual playing of this very complex and demanding game. The most important point underlying the book is to make golf more fun for the player. This is the best golf book for players to learn golf skills to manage the mental aspects of the game. The authors acknowledge that every person who picks up a golf club has his or her own unique golf swing, style, and playing ability. Therefore, there are no mechanical instructions in this book. THE NOW GOLFER is about hitting the ball with the golf swing that you already possess while maximizing your ability, your score, and your enjoyment. The wisdom found in the pages of THE NOW GOLFER will help golfers handle struggles on and off the course. The authors provide readers with new ways to manage their thinking and their actions by tapping into the awareness and understanding of the ongoing mental and emotional processes - skills that are essential and invaluable in golf, and in life. Dr. Waddington's concepts and experience provide a reliable guide for making our world easier to see and to understand.

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