



Mind Over Golf: How to Use Your Head to Lower Your Score

By Richard H. Coop

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Mind Over Golf Whether you struggle to break 100 or consistently break par, you've already discovered that golf is the most mentally demanding of all sports. Dr. Richard Coop, one of the foremost sports psychologists in the country, has developed a unique mental approach to the game, helping both skilled pros and beginning amateurs alike to play better. Mind Over Golf examines all the demanding psychological challenges of golf and explains in detail how to conquer them. Golfers have discovered that there are ways to lower their scores that go beyond getting tips on their swing and stance. In order to play better, you have to find the key that allows your natural athletic ability to come to the fore, without being impeded by anxiety about making a poor shot. By following Dr. Coop's principles and ideas you'll be in the strongest possible position, both physically and mentally, to put your best swing on each shot. As Payne Stewart says in his foreword to Mind Over Golf, "Not everyone can swing like a tour pro, but most everyone has it within himself or herself to think like one, and Dr. Coop lays the foundation for that within these pages." Visit us online at <http://www.mcp.com/mgr/macmillan>

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Editorial Review

From the Back Cover

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About the Author

Dr. Richard Coop, a professor of educational psychology at the University of North Carolina, is a contributing editor for Golf Magazine.

Users Review

From reader reviews:

Karon Hall:

A lot of people always spent all their free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity here is look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a publication. The book Mind Over Golf: How to Use Your Head to Lower Your Score it doesn't matter what good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. When you did not have enough space to create this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not to cover but this book provides high quality.

Nikki Jones:

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Michael Patterson:

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