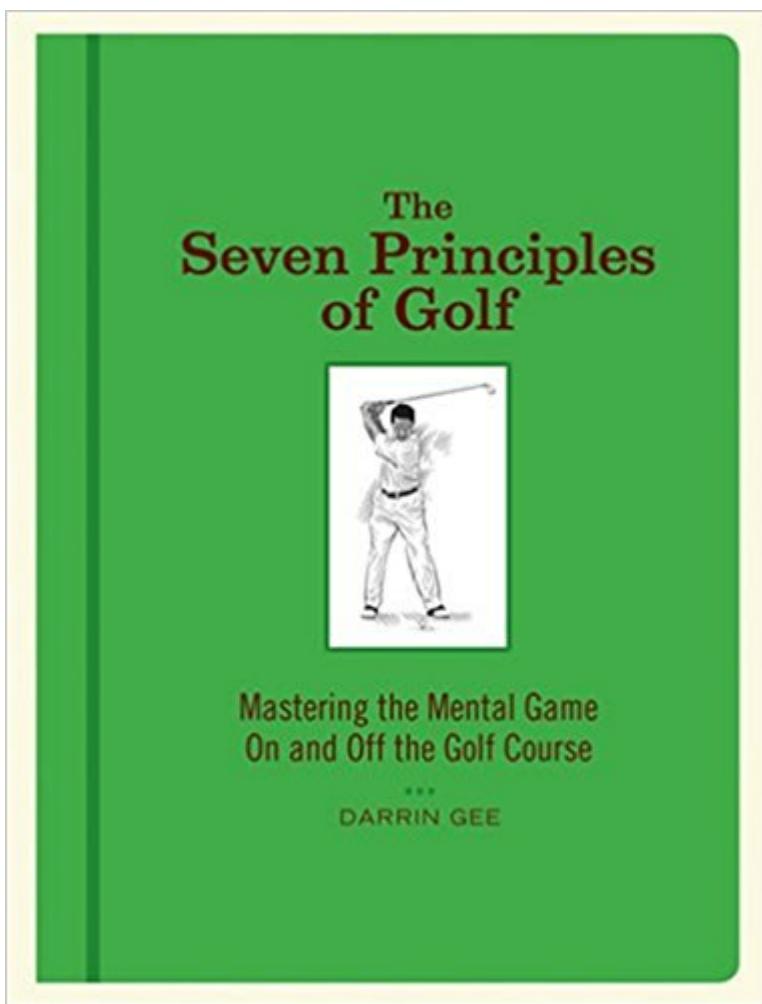


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# The Seven Principles Of Golf: Mastering The Mental Game On And Off The Golf Course



## Synopsis

"This succinct, persuasive 128-page book belongs on your golf shelf next to Harvey Penick's Little Red Book and Ben Hogan's Five

Lessons." Barnes & Noble The Seven Principles of Golf are Powerful This unique and innovative golf instruction approach will increase your distance, cut strokes, lower scores and effortlessly improve your golf game without changes to your grip, swing or clubs. The Seven Principles of Golf are Simple This book offers simple and cohesive step-by-step instruction with detailed explanations, exercises and illustrations all designed to help you hit straighter, longer and more accurate shots. Learn easy and practical skills to hit more consistent shots, eliminate mental errors and break through the 100, 90, 80 or 70 stroke barriers. The Seven Principles of Golf are Effective Golf is 90% mental. That means that 90% of poor swings, penalties, mistakes, miscues, mishits, bogeys, double bogeys or worse are caused by mental game errors. Improve your mental game, commonly known as sports psychology, and you will hit the sweet spot, maximize power and increase accuracy. For over 15 years, the coaching offered in this book has been tested and proven at mental golf expert Darrin Gee's Spirit of Golf Academy, named one of the top golf schools in America by Golf Magazine. The Seven Principles of Golf is a Lifetime Collectible Book This book is beautifully designed with a clothbound hardcover, picture plate tip-on, ribbon bookmark and illustrations by renowned artist Keith Witmer in the classical pen and ink line style similar to those seen in the bestselling Ben Hogan's Five Lessons. A Note from the Author All golfers from PGA and LPGA Touring Professional to beginners have experienced frustration on the golf course. I am no exception. I started playing golf when I was in college. My skills steadily improved over the years and I eventually broke 80 and achieved a single-digit handicap. Then I plateaued. I started messing with my swing and my scores skyrocketed. I knew I was capable of playing better and shooting lower scores. I was so frustrated, I quit the game of golf. After a long break, I started hitting golf balls again. However, something had changed this time around. When I hit a great shot, I noticed I was doing something different. What was I doing? NOTHING. No swing thoughts, no distractions, no second-guessing, no effort. I got out of my own way. This was the beginning of my exploration into the power of the mental game and sports psychology. With my education, research and commitment to the sport of golf, I started my golf academy that focuses exclusively on helping golfers play to their potential utilizing mental game techniques, instruction and The Seven Principles of Golf. These principles are the foundation for my golf academy as we have coached thousands of golfers like you. My philosophy has always been to

keep it simple and practical with a Zen-like approach. The results have been tremendous. I hope you enjoy The Seven Principles of Golf and experience a transformation in your golf game and life. Scroll up, click the buy button and get started today.

## **Book Information**

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## **Customer Reviews**

Five-city author tour. National print and radio publicity. Twenty pen and ink line illustrations by notable golf illustrator Keith Witmer. Clothbound hardcover with tip-on, ribbon marker.

Mastering the game of golf requires just as much mental preparation as it does physical practice. Yet few golfers devote adequate time or attention to perfecting what top mental golf instructor Darrin Gee calls the inner game--the game the golfer plays with the mind and the spirit. In The Seven Principles of Golf, Gee focuses on this absolutely central, if too often neglected, dimension of golf, sharing the essential principles he has derived from helping thousands of golfers--both amateurs and professionals--improve their game.

No "fine tuning" of swings or lessons on putting, just a presentation of the important foundation you need to build under your game and under your life. That second foundation was a surprise. Not expected at all. But these life lessons of the author gave the book its tremendous value to me. A quick read, but I can't imagine too many people who would fail to grow from it -- in their golf game and in their life!

As I have always believed in the power of the mind, I find that this book really emphasizes the importance of the mental approach to the game of golf, something no coach has ever mentioned. It was a gift to me and as I found it so helpful I bought a copy for my friend. I heard about the book in Hawaii - how I wish Darrin would come to Queensland Australia!

Great book. It already started helping my game. Strongly recommend it, particularly to beginner golfers like me.

Love this book and all his books.

This golf book touched on many of the points that hinder my golf game. Hopefully, I can apply it to the driving range and more important the golf course and parts of my life.

A good book with great seas presented in a straightforward manner. Well thought out and nicely presented and an easy read

Wonderful tool, like a set of clubs, it should be in every golfers bag, use whats needed next time out

Not too much mental. Not a whole lot of info that a long time golfer hasn't already heard. Probably better for a beginning golfer. However, a couple of pointers have already helped my golf game. Well worth the money i paid for the book & shipping. (\$4.00)

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