



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

Richard Coop

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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."

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