

## The Right Mind For Golf

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Do you have the mind to play your best golf? Rene Kurensky was a sport psychologist before the position was invented. She helped players who became some of golf's top players in her time/5(1). The title "The Right Mind For Golf" says it all. In actuality, the golf swing is 10% technical and 90% mental. The golfer needs to marry the two, and the mental qualities integral to achieving excellent, consistent golf, is addressed in this slim volume \*\*\* Prices include shipping. The Right Mind for Golf enhances the mental ability needed to play golf, giving huge advantages on the course. It lowers stress levels and even positively affects your social, personal and work movefanatic.com: 3. Your muscles and the rest of your body are controlled by your mind. Unless your mind is functioning well when you play golf, your muscles are going to flounder. The Right Mind for Golf enhances the mental ability needed to play golf, giving huge advantages on the course. It lowers stress levels and even positively affects your social, personal and work life.

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