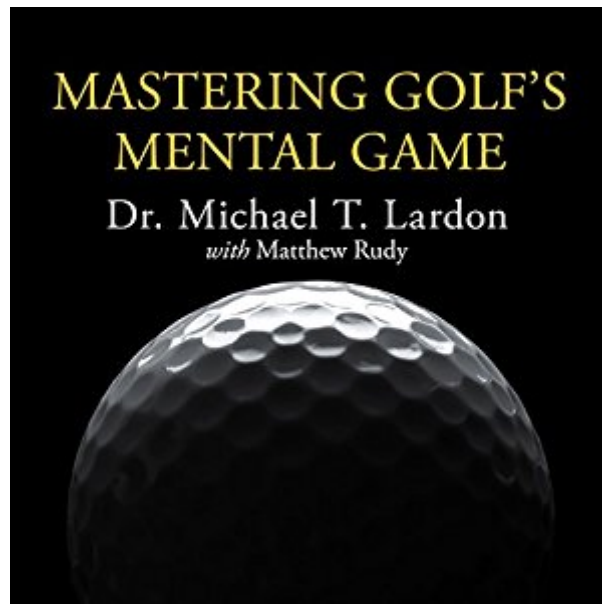


The book was found

Mastering Golf's Mental Game: Your Ultimate Guide To Better On-Course Performance And Lower Scores



Synopsis

To be a golfer is to tinker - with everything from equipment to grip to swing. But one thing most players don't give enough attention to is the mental game. Psychologists aren't a new phenomenon in golf, but Dr. Michael Lardon is a different breed of performance coach. Instead of sending his players into a losing battle against emotion, indecision, and fear on the golf course, he shows them how to organize their thoughts and use them for maximum performance. His step-by-step Pre-Shot Pyramid provides any player with the ideal blueprint for shot setup, and his revolutionary Mental Scorecard will give you the tools to accurately measure what you really do on the golf course. You will learn the same techniques that Dr. Lardon shares with Phil Mickelson and dozens of other tour players, including the tools that helped Mickelson right himself after the 2012 U.S. Open to win the British Open a month later with a historic final round. Mastering Golf's Mental Game will change the way you think about golf, and is a must-listen for any player serious about shooting better scores and getting more enjoyment out of the game.

Book Information

Audible Audio Edition

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Outdoors > Miscellaneous > Sports Psychology #59 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation

Customer Reviews

Reading an instructional book on the game of golf is a study in contrasts. I would rather watch paint dry than reading some of these books. On the other hand, some of these instructional books are quite inspirational and helpful. Dr. Michael T. Lardon's book, Mastering Golf's Mental Game is of the later sort. The book is organized into two parts. Part one details what the author refers to as the six components of mental excellence, which include: (1) Attitude, (2) Motivation, (3) Control, (4)

Optimization, (5) Concentration, and (6) Mental Plan. The components are thoroughly researched and have been field tested in several arenas. Most importantly, the six components of mental excellence have been tested on the golf course. A chapter is devoted to each quality noted above. The author carefully describes each quality and backs the concept up with at least one case study. Additionally, each chapter includes a practical homework assignment where readers (or golfers in this case) can apply the principles that are presented. Part two includes the "Mental Scorecard." Dr. Lardon essentially takes the philosophical components in part one and applies the lessons which can be immediately utilized on the golf course. The primary ingredient in the mental scorecard is the "pre-shot pyramid which is designed to fine tune the golf game of everyone from amateurs to professionals. The pre-shot pyramid includes three critical components, namely - 1) Calculate, 2) Create, and 3) Execute. Golfers are encouraged to walk through these carefully defined steps which will theoretically improve one's score. The author presents a workable system wherein golfers can apply each principle set forth in the book.

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