



Golf: The Ultimate Mind Game

Rick Sessinghaus

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In *Golf: The Ultimate Mind Game* Rick Sessinghaus maps out the mental and emotional skills needed to play your best golf. Throughout this book you will be learning the latest performance psychology skills to improve how you perform on and off the golf course. You will take on the challenging game of golf by learning to: .Stay focused and block out distractions .Develop confidence in your abilities .Embrace pressure to play your best when it matters most .Reconnect with why you play so you can enjoy it .Develop a training program for your mind, body, and swing

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