

# How to Overcome the Power of the Golf Ball

Ollen Stephens, Andrew D. Cohn



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**How to Overcome the Power of the Golf Ball** Ollen Stephens, Andrew D. Cohn Golf should be a fun, magical, memorable experience.

The book gets you started if you're just beginning. Or started on the right next step from where you currently are now, so that you'll be able to transform your game. You will better understand the information you already have, you will hear, and you will see to get you better.

Once you hear new information, you can evaluate it both mentally and physically and use it to change your body. This book does not offer a jedi mind trick, it's must have, fundamental understanding.

First, this book offers simple ideas. Ollen offers clarity. He removes the mystery of how to learn golf. Learn a process to improve. You will learn to play your best.

#### Ollen covers:

How every golfer can get *control* of their game. Tons of great golf books provide information that can help. However, Information alone does not equal transformation. This book provides the framework you need to take the information you have already, you see on TV, you read in golf books and you see in golf magazines, and transform your game. That means you get control.

Start thinking correctly. Based on your thought, your knowledge of your game, and your new knowledge of yourself, you will learn in this book where to start.

Here's what you will find in this book:

- 10 Commandments to Master a Movement
- 3 Types of Practice
- 4 Stages of Learning
- 3 Levels of Owning your swing
- Highlights training and playing experience of legends such as: Jack Nicklaus, Arnold Palmer, Bobby Jones, Lee Trevino, Tiger Woods, Dave Stockton, Annika Sorenstam, Michael Jordan, Sergio Garcia, and Ivan Lendl.
- Builds on teaching expertise of Golf Instructional Legends like: Hank Haney, Stan Utley, Dr. Gary Wiren, Dr. Bob Rotella, Brad Redding, Linda Mulherin, Pia Nilsson, Lynn Marriott, Dr. Greg Rose, and Peter Donahue.
- Draws on Success Experts throughout other performance areas including: Dan Kennedy, Lee Milteer, Dan and Chip Heath, Daniel Coyle, Martin Seligman, Geoff Colvin, Malcolm Gladwell, Timothy Gallwey, Shawn Achor, and as well as others.

Here's what else you'll gain from this book.

- To improve, acknowledge where you are now.
- Learn why your current success in life may hinder your success in golf.
- Move from having the correct information to transforming yourself with the information.
- Find out how to make sure you do things correctly.
- Do you know what's right? Does your body in its natural form resist what's right? The path of least resistance may be ruining your golf game...

- Test when to trust your feelings and your judgment when it comes to golf.
- Learn how to start EVERY practice session.
- Understand why your game differs each time you go to the course and how to gain the control and consistency you need.



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Playing with family inside a park, coming to see the marine world or hanging out with pals is thing that usually you have done when you have spare time, then why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love How to Overcome the Power of the Golf Ball, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't obtain it, oh come on its referred to as reading friends.

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