



Masterstroke: Use the Power of Your Mind to Improve Your Golf with NLP

Harry Alder, Karl Morris

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A combination of technical golfing knowledge with a non-golf perspective on the problems golfers face, particularly in relation to the mental aspects of the game. Featuring the experiences and comments of top golfers, the book aims to show how NLP can be used to deal with some of the most asked questions of golfers. These include: Why do I do so well in practice but not on the course? How can I stop shaking with nerves on the first tee? Why are my scores so inconsistent? Why do I play so badly when trying to impress somebody? How can I improve if I don't have the time to practice? How can I consistently do better?

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