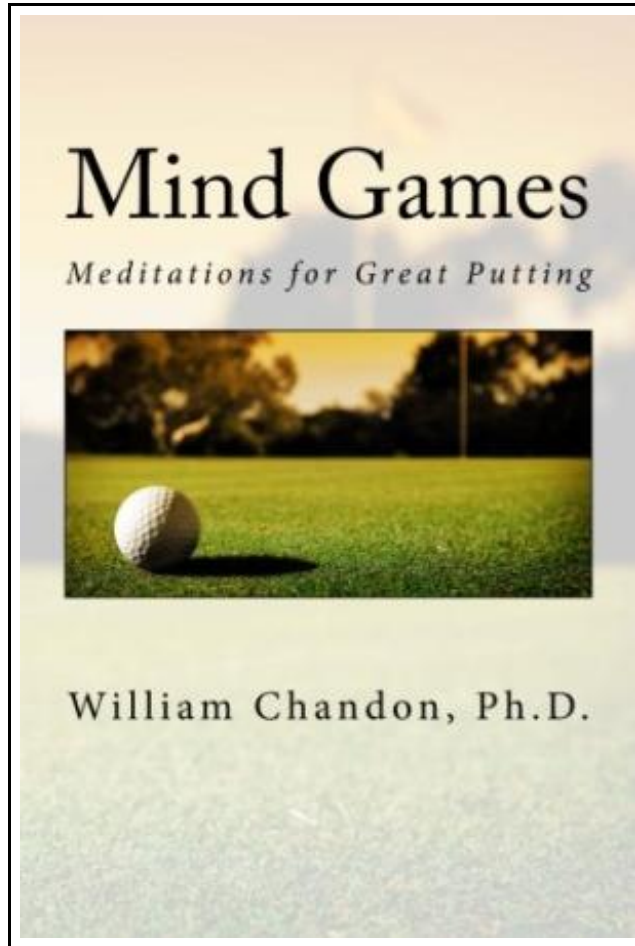


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Putting is one of the simplest part of golf mechanically, yet many golfers struggle with putting. Ironically, many of us struggle with short putts, which should be the easiest putts because there aren't typically large amounts of break or speed variability. The reason so many of us struggle with putting is because successful putting is substantially a mental activity. We struggle because we don't know how to manage our mental game effectively. Most of us golfers believe that we are capable of putting more effectively. We know we can be better. Many of us are on an endless search for changes in technique and technology, searching for the missing key ingredients to putting well. Technique and technology are essential, but we usually find out that they aren't the secret ingredient to success. If we're paying close attention to how we practice and compete, we notice that we sabotage and limit ourselves. We may also discover that we unconsciously sabotage ourselves because we find ourselves doing things that we know are counterproductive, but can't seem to get out of our own way. We don't know why we do things that undercut our ability. The most significant challenges we usually face are the mental ones and not the physical ones. The key problem that many of us have is that we don't know how to stop sabotaging ourselves. Even if we recognize how we are sabotaging ourselves, we may not be able to stop. Intellectual knowledge is helpful, but it isn't sufficient to make deep and powerful changes. We've tried everything we know and it isn't enough. We need something...



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