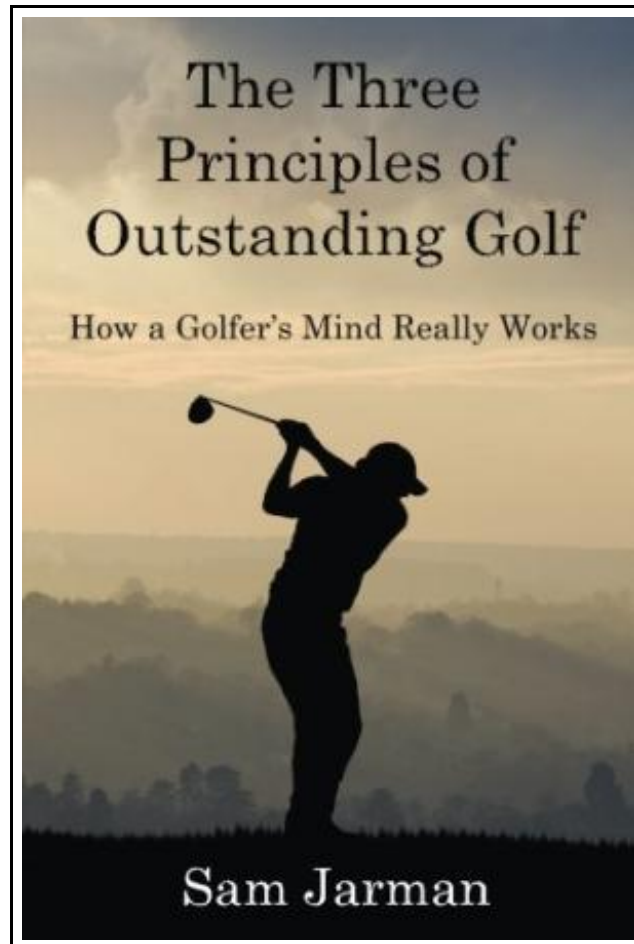


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Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throug reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littel)

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Sam Jarman, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.My journey began chipping balls around a rural back garden. It took me all over the world playing golf and chasing my dream before bringing me back to England to help other people get better at chipping balls round their back gardens. Growing up playing golf with the likes of Luke Donald, Ian Poulter and Justin Rose gave me first hand experience of the difference between what good players do, and what the best players in the world do. The problem is you can't see it. You only see the results. The difference is invisible, barely tangible. But if you get curious, and get quiet enough, sometimes you can sense it. For most golfers, the gap between what they do, and what they think they do is huge. The better the player, the smaller the gap. If I were to sum up what the great players have that the average player doesn't, it would be one word. Awareness. Awareness is one part of the understanding I share in this book The other elements are the nature of Thought, the tool all human beings use to create their own reality, and lastly, a Spiritual Intelligence which we all share. An inner wisdom, the root of our mental strength and resilience. Understanding these three principles provided the explanation for the problems I had playing my best golf when I really wanted to, the state of mind that led to me constantly fixing my golf swing, and then the breakthrough when I finally saw where the anxiety and insecurity I felt on the golf course were really coming from. So who is this book for? I'm guessing if you've picked...



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