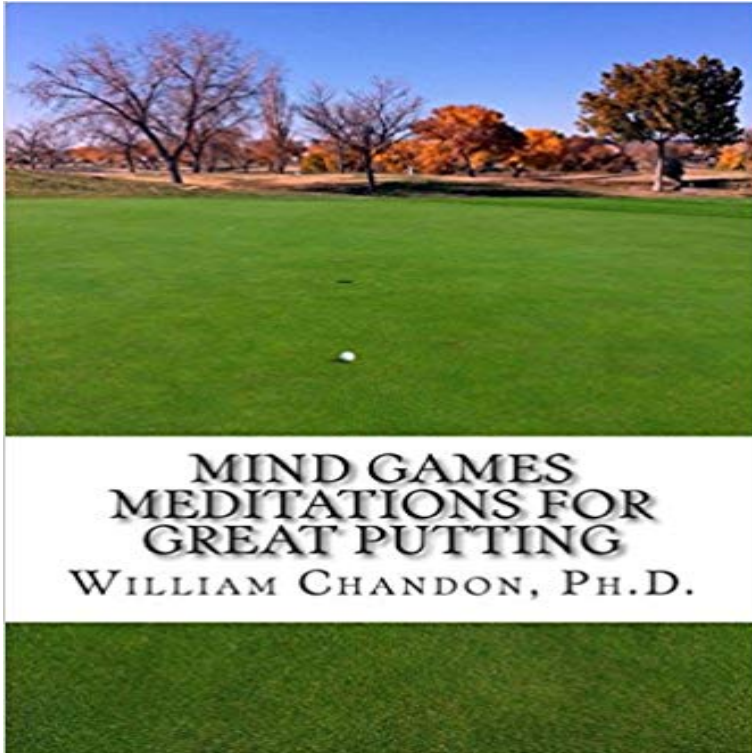


Mind Games: Meditations for Great Putting



This book has over 250 meditations organized into different topics including, Confidence, Mental Toughness, Putting in the Zone, Putting Like a Champion, Removing Barriers, Putting Practice, and Putting from the Depths. The book also includes Meditation Scripts, Putting Drills, and Recommended Statistics to Track Progress. This book is a way for you to improve your mental game, rather than simply reading about your mental game. By meditating in the right ways, you learn to manage your thinking, emotions, and physical states on the golf course. With practice, you learn to putt with a quiet, confident mind. You learn to rely more on feel than the physical mechanics of putting. You learn to free yourself mentally to putt your best. When golfers putt in the zone, they are in a meditative state. If you want to putt in the zone more often, you can learn to meditate on the right things in the right ways. This book shows you how to meditate in a way that is simple and easy to learn. Now you can work on your mental game with a practical and effective method. The book assumes that you do not have any experience with meditation. Meditation may not be what you think it is. This form of meditation does not require you to sit for long periods of time in silence. This form of meditation actively uses your imagination. With this book, you have a program for developing your mental game in as little as 15 minutes per day.

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