

Have you found yourself during a round obsessing about a bad shot and/or dreading a future hole? Have you tried numerous ways to keep focused, to stay in the present, or to play golf in the NOW only to find yourself reacting to a mishap on a previous hole or worrying about doing it again? Thinking of past events or future events has one payoff, it tightens large and small muscles and that is what causes choking, missed putts, wayward iron shots and drives. Want to start right now to conquer the golf course between your ears? Want to delete those toxic emotions during a round that unleashes anger, worry, fear, dread, and lost confidence? Its all here! Guaranteed or your purchase will be refunded. Sydney Harriet, Ph.D., Psy.D., is the author of The Senior Golfers Answer Book, Choking Golf Choking, The Reverse Second Childhood Golf, and a former editor of the Golf Today golf column, ASK THE SHRINK! Syd practices in Denver, Colorado and is an avid golfer who loves chasing after that little white ball.

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