



Be The Ball-An Audio Recording For Better Golf

Sean Ryan

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The sports psychologist'ss have been coaching golfers on mental techniques such as relaxation, visualization, and swing cues for years and have been stressing that the sport is 90% mental. Be The Ball is a 40-minute compilation of these techniques in an easy to use format. Benefits realized from the tape include learning to relax and focus before each shot, freeing your mind from last second adjustments, being able to swing freely with confidence and utilizing a simple way to determine the speed of a putt.

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