



The 30-Second Golf Swing: How to Train Your Brain to Improve Your Game (A mountain lion book)

T.j. Tomasi, Kathryn Maloney

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At every level of competitive golf from the Saturday afternoon best-ball to the U.S. Open, champions conquer golf with far more than a grooved swing. To separate themselves from the pack, champions funnel their golf experiences through a process that brings order to their games. I call this process the *30-Second Swing*, a method of running your brain to control your game. By adopting the 30-Second Swing you can rid your game of mental errors and the hidden obstacles that keep you from playing to your talent level.

Playing to your talent level involves far more than the second and a half you spend swinging the club. The golf swing is only one piece in the pattern of great golf, a 30-Second Swing pattern for running your brain. Thirty seconds, give or take a few, is the time it takes to plan, execute, and evaluate every shot. To have the best chance for success, you must learn to apply all your resources to each and every shot you hit, both in practice and in play. By doing this you can impose your will on the golf course rather than allowing the golf course to impose its will on you. The techniques in this book will help you recognize what's happening when your game starts to slip, and you'll have the tactics to regain control immediately.

The goal of this book is to make your score match your talent for the game. You'll learn how to train your brain to run your game so that you develop a mastery not only of golf but of yourself. Training and running your brain correctly -- controlling your thoughts, reactions, memories, and images -- is essential to playing the game to your potential.

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