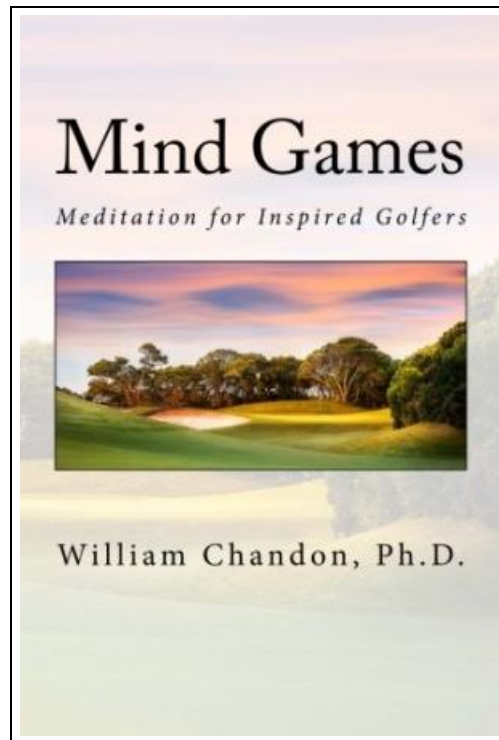


Mind Games: Meditation for Inspired Golfers



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MIND GAMES: MEDITATION FOR INSPIRED GOLFERS



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The most significant challenges we usually face are the mental ones and not the physical ones. If we re paying close attention to our golf game, we recognize that we sabotage and limit ourselves. We may also suspect that there are ways in which we unconsciously sabotage ourselves. The key problem that we face is that we don t know how to stop sabotaging ourselves. Intellectual knowledge is helpful, but isn t sufficient to make the deep changes that we need. We need something deeper and more powerful. There s a deeper way of knowing and a deeper self-knowledge that we find when we develop a meditation practice. We find our center where we are in touch with our deep wisdom and passion. When we practice and compete from our center, we find more clarity about our strengths and weaknesses. We learn that the barriers that appear to be holding us back are actually invitations to develop, change, improve, and tap into the deep strength that we find inside in order to follow through on what will help us more forward as golfers and people. The root word for inspired is spirit. Our spirit is the deepest part of us that invites us to live and play golf with passion and skill. When we learn to meditate effectively, we gain access to powerful resources that reside in our subconscious mind. In time, we learn to follow our spirit and its wisdom. We learn to unleash our potential and play with all of our ability. When we play inspired golf, we begin a journey of self-discovery to find out just how good we can be. This book is for...



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