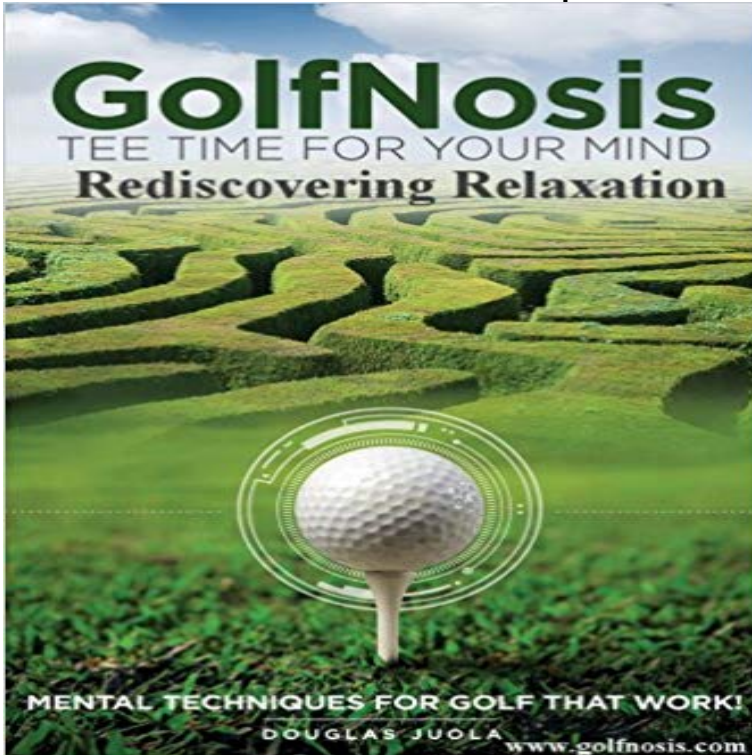


Rediscovering Relaxation - GolfNosis - Tee Time For Your Mind - Mental Techniques For Golf That Work! (GolfNosis - Tee Time For Your Mind - Mental Techniques For Golf That Work! Book 1)



Relaxation module of GolfNosis - Tee Time For Your Mind - Mental Techniques For Golf That Work! Do you get nervous or anxious when the game is on the line? Almost every golfer you talk to will tell you when they played their best game they were relaxed, confident, focused, visualizing success and talking to themselves positively. Relaxation is the first key to good golf because all of the other attributes rely on a relaxed attitude. You can be confident but if you aren't relaxed you still won't play your best. You can be focused but if you aren't relaxed, your game will suffer. You can visualize a successful shot, but if you aren't relaxed you won't be able to make the shot. You can tell yourself to be positive, but if you can't relax your mind and body, it's all a waste of time. Therefore relaxation is the first step in the GolfNosis system. You most likely played your best golf when you were practicing or playing with some friends for fun. This is no coincidence! We all perform better when we are in a relaxed state of mind and body. The famous author Timothy Gallwey said in his incredible book *The Inner Game of Golf*, The single most common physical cause of error in golf, and perhaps in all sports, is over tightness. By over tightness he is referring to tense muscles and an unsettled mind. Rigid, tense muscles fail to release correctly causing a mistiming of the swing, which in turn causes a bad shot. Your body and mind function most effectively in a state of relaxed arousal. Relaxed muscles respond quicker, and you make much better decisions when relaxed. You cannot have a tense mind and relaxed body, and you cannot have a relaxed body and tense mind. The first step towards better golf in the GolfNosis system is the relaxation of mind and body. To relax the mind and body we must reduce stress. Learn how to relax and play your best golf ever! Learn 22 effective ways to relax your mind and

body so you can play at your best when the butterflies start to take over.

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