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Are You A Sunday Driver?

By Dave Turo-Shields

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ARE YOU A SUNDAY DRIVER?

I just finished my bike ride. I'm a regular bicycler, and today was my 5th ride this week. It's a gorgeous day, sunny and pleasant at about 72 degrees this morning. It's also Sunday...

I'm always aware of traffic patterns. As a bicyclist it's the safest way to insure an accident-free ride. What I noticed today surprised and disturbed me. There I was, enjoying a beautiful Sunday ride and there were crazed drivers all around me.

Now, during the weekdays I often bicycle while most people are on their way to work. Today, compared to a weekday, was insane. The driving was more erratic. Cars were moving way beyond acceptable speed limits. Had this been just one car or two it likely wouldn't have stuck with me so strongly, but it was nearly every car that passed by. Some even honked at me as I pedaled along and I haven't been honked at in a couple of years.

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The proverbial straw was when a Chevy Lumina came flying around my left side, missing me by inches, only to brake hard and pull into a church on my right for early services.

Now I can be a bit ornery and I thought for a moment about pulling right in and following them into the church. I said to myself, "Could there be a better place to spread the message I want to spread today?"

Here's the message --

Back when I grew up there was a term we used when someone was having a leisurely Sunday drive, remember? We called those people "Sunday Drivers." Whatever happened to Sunday Drivers?

I'm not one to preach but even God rested on the 7th day. Do you think God, being God and all, really needed to rest? Or was he sending a message to us?

Today we live more stressful lives than ever before in history. We have an average of 23 unexpected challenges during the course of one single day. As a life coach many people have shared how stressed out they are and ask what they can do about it.

As of today, I have one more fantastic tool in my arsenal of personal growth tools.

Become a Sunday Driver!

Better yet, really take Sunday to relax. Relax the mind. Relax the body. Nourish the spirit. Allow Sunday to be your day to soak up the energy you'll be needing for this next week. You'll be happy you did.

Oh, and if you plan to continue doing your Mario Andretti imitation on Sundays, just allow me the courtesy of knowing which roads you'll be traveling ;-)

To your wonderfully relaxing Sundays!

Warmly,

Dave Turo-Shields
Veteran Psychotherapist
Life Coach

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"Dave Turo-Shields is an author, success coach and veteran psychotherapist who's passion is guiding others to their own success in life. For weekly doses of the web's HOTTEST success tips, sign up for Dave's powerful "Feeling Great!" ezine at www.Overcoming-Depression.com"

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Are You A Sunday Driver?

Dave Turo-Shields follows his passion... and it's to assist others in climbing the mountain to peak performance. He's a veteran psychotherapist, author, professor and life coach.

Is Your Golf Driver A Little Dusty?

By George Gabriel

Playing good golf requires the knowledge and use of every golf club in the bag. I don't know how many times I've seen a golfer leaving their driver in the bag when teeing it up on the tee box. I always ask the same question over and over again, and get the same answer. "Why do you leave the driver in the bag on long golf holes?" "I cannot hit my driver off of the tee box." Has always been the same response. Typically they duff any other club they choose, but blame it on a bad swing. A bad golf shot with a driver has always been because of the golf club, never the golf swing. Why is that?

It is a matter of confidence. Hitting the driver off the tee box, is no different than hitting any other wood or iron off the tee box. As a matter of fact, the club head is bigger and should be a lot easier to make contact with the golf ball. Golfers, who do not hit their driver off of the tee box, simply have convinced themselves it is too hard to do. They have convinced themselves to a point that any other club selection is the right choice, therefore when a player hits a couple good shots off the tee box with their 3 wood or 2 iron, it justifies leaving the driver in the bag. There will be golf holes with tight fairways, and you will consider anything but a driver off the tee box that is easier to control, but to give up on any one golf club, should never be an option.

Do not give up on the driver. It is not as hard to hit as you think. Take the same golf swing as any other golf club you would choose. Accuracy will come with every other attempt. The only difference with the driver and any other golf club is the set up position in relation to your distance from the ball, because of the length of the golf club. Stand a little further back and take the same golf swing as you would with any other golf club. Practice with different golf ball positions and keep your confidence level high.

For greater confidence, practice hitting the driver off of the fairway without a tee. It will help you reach those long par fives. Practice with the ball positioned in the middle of your stance, and you will soon be lifting them off the fairway. Keep your golf swing as normal as possible. Do not try to scoop the ball off of the fairway. With proper ball positioning in your stance and a good straight arm on the way back and through, the driver clubface will lift it off the fairway as if you had it teed up. Lifting the ball off of the fairway with a driver only requires a good lie and a confident golf swing. It will rise off the fairway like any other fairway wood, but you will get more distance.

Take a little more confidence in your golf swing to the tee box, and it will not matter what golf club you select. Each golf club is as easy as the other. You just need a little more faith in your golf swing.

Learned to play golf as a caddie in the mid sixties and continue to enjoy the game today. Now running a discount tee time site at

<http://www.golfanchor.net>

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and a sister site at

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