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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are You Addicted to Golf

By Dr Richard Myers

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Are You Addicted to Golf

There are millions of people addicted to golf.

Why? Golf can be played on a beautiful course with as many people as you like, and in very pleasant weather. Golf is very gentle on your body, and is truly the sport of a lifetime.

Golf has many physical benefits and is a very efficient way to stay in shape, and has many physical benefits. With golf, you will get the most out of a round if you walk the course; this will also burn a number of calories and improve your cardiovascular health.

Carrying your clubs will strengthen your upper body and actually hitting the ball improves your hand to eye coordination.

Golf can be played by yourself or with as many friends as you like. You can also chat and visit between each hole while you are waiting on others to finish their holes. Or if you enjoy playing by yourself, you can enjoy the great outdoors, at your own pace.

Professional golfers make the game look easy. Their swing seems as fluid and effortless as running water, and they look as though they are on a leisurely stroll as they pound drives more than 300 yards and hit high soft iron shots. The truth is they young professionals are strong and fit enough to make a complicated athletic move look simple.

Few amateurs can devote that amount of time, energy, and money to their golf games, but that shouldn't stop them from making positive changes in their games by improving their strength and conditioning. Golf is a game of balance, discipline, and touch.

Enhancing and improving those specific skills, requires a balanced regimen with four important components: strength, flexibility, endurance, and diet.

Are You Addicted to Golf

There are many books and videos on this subject and I would suggest that all golfers invest in a good golf fitness program.

Good Golfing.

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An avid golfer, we maintain a golf training website with golf tips, weekly golf training, golf related articles, and a weekly newsletter. We try to cover everything from the tee to the green and health related articles as well

All For The Love Of Golf

By George Gabriel

Golf is supposed to be an enjoyable game. We golf over and over again, because we love the game. So why do we beat ourselves up, just before we get off the first tee box? Have you ever heard yourself with a bunch of negative emotions before the golf round?

"Another day out on the golf course and my back is killing me." Why would you even consider golfing, if it were painful? Why did those even consider golfing with a bad back? I'll tell you why. All for the love of golf!

"I have to get through this eighteen with the least amount of pain." Why not play nine holes instead of eighteen? I'll tell you why. All for the love of golf!

"I am not too sure if the mental part of my game can take any more. It's tough mentally when things just aren't going right." If your confused mentally, why even bother picking up a golf club? I'll tell you why. All for the love of golf!

"I hope this is not going to be another brutal round, like the other day?" When things are not going right, why not take a day off from golf and meditate instead? I'll tell you why. All for the love of golf!

"If I do not hit the fairway on the first tee box, I think I'll quit playing golf after eighteen." Why quit after eighteen when the first shot may be the reason to quit? I'll tell you why. All for the love of golf!

"If I do not make par on the first hole, I am not going to keep score for the rest of the round." If your temper is that bad, why carry a scorecard at all? I'll tell you why. All for the love of golf!

"The first water hazard my ball ends up in, my golf clubs are going in with it." Do yourself a favor and play with rentals. Why? All for the love of golf!

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"I better not three putt any greens today. I'll break my putter on the first three putt green, if I do." Do yourself a favor and pick up for two. Why? All for the love of golf!

"Frosty will never see winter, if I get a snowman today." Do not play golf with anybody by the nickname Frosty. Why? All for the love of golf!

To help avoid some of these negative emotions, booking a tee time in advance will help keep your mind on a positive level. Why? All for the love of golf!

Learned to play golf as a caddie. Caddied for as many as three players at once. Played as much as 54 holes of golf in a day. Why? All for the love of golf! Now running a tee time site at

and a golf site at



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