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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

Golf Is An Inside Game

By Patrick Porter

I've worked with dozens of golfers who spend thousands of dollars on new equipment and gadgets

that promise to lower their score. I have seen ebooks and online guru's claiming that for \$29 you can score under 80 any day of the week.

What these golf "experts" know is that there is a golf sucker born every minute. Consistently scoring under 80 takes a combined effort of physical practice and mental mastery. Trying to do one without the other would be like trying to get out of a sand trap with your driver. It's not impossible, but I think even Tiger Woods would agree that it would likely be accomplished through sheer luck.

So how do you lower your score?

First you need to actually see your swing on video. This is what PGA pro Bobby Lopez recommends. He uses the latest software from V1 Golf, a program that is outside the budget for most golf professionals. The reason you need to see your swing is simple; we have a mind's eye and we have an optic eye.

Seeing is believing!

Once you see your own swing—the good, the bad, and the ugly—you get a whole new perspective. Combine this new mental awareness with the advice of a highly skilled PGA instructor, and you are well on your way to shaving points off your score.

Golfers Can Use the Mind's Eye

Once you know your correct swing and have physically practiced it enough to hardwire it into your body, you can use your mental screen to spend less practice time on the range.

With the help of your "head coach," you can use visualization to repeat the new movements you learned. The number of repetitions is critical to reprogramming your golf swing through the new positioning and path. Unless you're a touring professional, spending several hours a day on the

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practice range is impractical. This is where mental rehearsal comes in. Five minutes of visualization is equivalent to a half-hour of physical practice.

The one-two punch

When you combine the specialized drills created by Bobby Lopez, and then use the "Mind Trip" processes to support the mental and visual training, you've got everything you need to hardwire your ultimate swing.

Without the mental training, most people tend to quickly revert to old swing faults. It takes continual repetition to reprogram a swing. Mental training allows golfers to replace many of the repetitions needed at a golf driving range, saving them money and commute time to the practice range.

Mental training helps golfers become more aware of themselves and how they operate on the golf

course. Golfers are known for losing their temper, over-analyzing, and second-guessing their club selection. Mental control over these issues translates to lower golf scores.

The real hole in one

Golfers are known for carrying their golf troubles home with them. The whole family suffers. Both golf and life will be more enjoyable when the golfer learns to relax, correct swing faults, and make better choices.

For a free online golf lesson visit Bobby's website at

<http://www.bobbylopezgolf.com>

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and Bobby Lopez we are never happy without

trying to make golf training more enjoyable through out the world for golfers everywhere. Attn Ezine

Why Are Golf Courses Designed The Way That They Are

By Carl Walker

No matter where you go on this great big planet of ours you are bound to come across at least a few golf courses. These days golf courses are the must have for all countries and that is because now

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more than ever, golf is a major tourist attraction. People travel far and wide to visit the best and most talked about golf courses. That is why so much time and effort, not to mention money is poured into these projects each and every year.

If you love to play golf then you know how great really good golf courses can be. Playing on world class golf courses is very different than playing on a poorly designed one. If you are like me, and like most true golfers, you search for the golf courses that will provide the most amazing game play of all.

The world would not be such a magnificent place as it is if not for great golf courses now would it. And who do we have to thank for these fantastic golf courses? Well here, we usually thank the USGA. They are the ones who have come up with the most amazing guidelines for golf course designers to follow. All of the best golf courses have been built to their find standards. Since way back in 1960 those who design golf courses have been building the most fabulous of all courses according to the ideas set out by the USGA and people from all around the world have been thanking their lucky stars.

The perfect golf courses are not only designed to provide the best golf game, they are also designed in a way that will look gorgeous. All of the greatest golf courses are a wonder of design I that they look glorious and they play like a dream. To live in a place with a view of these kinds of golf courses is something that most people dream of, that is how great they can look.

There is much more to the design of good golf courses though. Such as the number of slopes and waterways. Good golf courses will have plenty of both. These kinds of obstacles are necessary for any good and challenging game. No one wants their golf game to be too easy and that is why these types of things are added into the equation when designing golf courses. They intrigue the eye and provide you with amazing opportunities to outwit and out play your opponents.

Most of us take for granted the golf courses in our area. We just play there and have fun but we do not take into consideration the amount of work and planning that goes into each and every one of these fantastic golf courses. It takes years to plan the best golf courses and it is about time that we recognized this fact and gave the appreciation that they designers of golf courses deserve to them once and for all.

<http://golfrs.com/>

Golf Information: improve your golfing game with tips and tricks to help you with your game of golf.



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