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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!**

**Golfing With A Confident Golf Swing Mindset**

**By George Gabriel**

You're just about ready to make the first step up onto the tee box and you're feeling great. Golf

shoes are looking good and comfortable. Freshly new pressed golf pants and shirt, and you're feeling loose and limber, then all of a sudden this big dark cloud appears out of nowhere. You look down the fairway and all you see is water and trees and your asking yourself; how am I going to get this golf ball in the fairway?

I think we have all been there before. The all-important golf shot of the day. This all important golf shot typically sets the pace for the rest of the round mentally. Nobody wants to start off with a bogey or double bogey. Par or better is so important on this first golf hole. The thoughts of anything else keep racing through your mind. The fairway becomes narrower. The trees look like the branches are reaching out into the fairway. The small running creek looks more like a lake before you. The bogeyman is near! If you stand on the tee box any longer at this point, and even in the sweltering heat you may visualize a snowman. Yikes!!! The worst possible start of a long eighteen!

How do we overcome this big shadow of fear that seems to take over our golf swing from time to time? Do you tee it up and hope for the best? Maybe your golf buddy will stand up tall and go first if he's any kind of friend? Just maybe the easy way out through this jungle would be take a 7 iron and punch it down the fairway. At least you don't have to take that big ugly swing that may put you in the thick woods of no return. With three good punch shots you might just able to get it close enough to save par?

Let's not kid ourselves. The golf swing has to happen. The golf club selection is an important one at this point, especially if your knees are feeling weak. You may want to take your favorite wood or long iron that you're more confident with on this important golf shot.

Walk away from this monster looking view and regain your composure by looking the other way. The most important thing to do when feeling negative is to step back off the tee box and gather your thoughts and hold onto the positive pictures, perhaps by taking some deep breaths and swinging the opposite way. I find that by swinging in the opposite direction, my mind does not pick up any negative thoughts, possibly because I know that there is no hazard in front of me, because I'm golfing the

opposite direction. Make any sense?

After you have released all the horrible pictures you have visualized earlier, step back onto the tee box and take a deep breath and release it slowly standing behind the ball. Look down the middle of the fairway and look for a spot on the fairway that you want the ball to land. Visualize the ball landing on that particular spot that you picked out. Step up to the golf ball and take one more look and start the golf swing with a smooth takeaway and accelerated swing through the ball as if you're playing with a crowd watching along the sidelines.

Your mind will create the golf swing to make the golf shot happen, only if you are relaxed and focusing on the golf swing you are creating mentally. It's a phenomenon that I cannot explain, but it works.

I guess it goes with the old saying. Whatever the mind can conceive and believe. It will achieve! Positive thoughts bring positive results. Step away from the golf ball when having negative thoughts. It

could be too late, halfway through your golf swing.

Tee Times – Golf Courses Find a tee time on some great golf courses at

<http://www.golfanchor.net>

### **Exercise Your Swing By A Ping Golf Club**

**By George Andrew**

Have you ever hit a good hit twenty yards threatening line? Did you had to endure heckling from playing partners who say, That's right where you planned.? Unfortunately, most golfers have to respond yes to both questions, because to get the ball to each time finish at the designed destination is more easy said than done. There is not less difficult way to Improve the quality of the shots you do than receiving a great new club as a PING golf club. The PING golf club is something that any golfer could mix to their arsenal & be grateful for when it is game time.

The golf scientists at Ping get finished to assist your swing—a Ping Golf Club. If you are going golfing by Ping Golf Equipment is like retrieving the perfect, brilliant—weight, swing—perfecting Ping Golf Irons from your sleek leather Ping Golf Bag—then golfing an afternoon far away. Enjoy simple lovely time by your new Ping Golf Irons and Ping Golf Bag. Its like to get a secret weapon. With a PING golf club you will get more quality ability over every & each swing & the quickness will be more greater with a PING golf club as well.

The PING golf club is a very well weighted & this will improve your golf game like you would never believe. Weight, worthwhile weight is essential to a nice golf swing and your game would never be anyway without a good swing. A PING golf club could pass along you this swing you want. & the looks of a PING golf club include beyond comparison on & away of the links. You will never be unsatisfied in how sensational you look on the course through your PING golf club. Ping Golf Club offers you Par

Top quality!

I will recomend you that if you are starting in golf you ask for a coach at you favorite club. He can help you learn faster and make you an expert very quick. However this type of sport requires alot of practice to be able to master some of the techniques. Dont think that just with two sesions you will be an expert is not as easy as it seems, but its a beautiful sport and very rewarding.

If you want to find more information on best sports visit:

<http://www.homeofbestsports.com>



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