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Menopause, Andropause And Other Hormone Imbalances
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How A Hacker Developed A Winning Golf Swing

By David Ferrers

I'm probably erring on the side of understatement when I say that Bob was a hacker. By his own admission he was: "one of those players who've never really had a proper golf swing."

The way he told it, his main concern was to give the ball a 'good whack'. As a result of his lack of technique, Bob had spent much of the ten years that he'd been a golfer searching for his ball in woods and long grass. High scores and a high handicap seemed to be his inevitable fate.

Bob and I first met when his employer asked me to coach him to develop his business and leadership skills. When we were working on 'communication' I used a technique that I call Mind-Movies. I taught Bob how to groove pictures into his imagination which showed him making successful presentations.

Mind-Movies are a technique that I developed for empowering clients when I qualified as a Certified Master Practitioner of Neuro-Linguistic Programming (mind-language programming).

One day when Bob had just reported making a very successful sales pitch with the aid of a new Mind-Movie, he asked me, in that slightly shy way of his, "Do you think we could develop a Mind-Movie that would help my golf swing?"

I immediately knew that we could do this. It took a while to work out how best to program the correct images into Bob's mind. And I also had to work out how to string those images together into a golf swing Mind-Movie. Then it was just a matter of finding ways that he could program himself to reproduce the correct physical and emotional feelings which are an essential part of effective Mind-Movies.

By the late spring we were ready. Bob couldn't wait to get going. He was hungry to to start winning. There were a lot of people on whom he was keen to take revenge.

He devoured the script I had written for him to study and learn.. However, he knew from his previous experience with Mind-Movies that in order for it to work he had to make sure that he installed this new program properly into his mind.

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The very first round he reported 'noticeable improvements'. He was hitting the ball further and straighter. It was only the odd wayward shot that prevented him posting a really good score. He knew he was on the right track. "It was the first time that I've felt like I had a proper golf swing," he told me excitedly.

Over the next few weeks Bob improved steadily until he felt up to entering a competition. He deliberately chose a mid-week event where he knew that the field would be smaller. He finished fourth in a field of thirty seven players and his handicap was cut by two strokes. This was by far the best result he'd ever had. He was over the moon.

A month later he felt ready to challenge for one of the major championships at his golf club. He didn't win that one but three weeks later he rang me late one evening to proclaim: "I won!"

At the end of the month I was his guest at the prize-giving where he received his silver cup. From my experience with Mind-Movies I feel certain that his game will continue to improve.

After Bob's success I decided to publish The Golf Mind-Movies Power Pack at

http://www.The-Golf-Bandit.com/golf_Mind-Movies.htm

And I now know from the feedback I'm

receiving from other golfers that Mind-Movies are also working for them.

The fact that the search term 'golf mind-movies' is already number one on Google tells you how many golfers are seeking out this e-book. If anyone you play with shows sudden signs of improvement you may now know why.

Please do your golfing friends a favor and tell them about this book. Send them a copy of this article today.

David Ferrers wrote The Golf Mind-Movies Power Pack one of ClickBank's top selling publications at

<http://www.The-golf-bandit.com/golf-tip-Golf-Mind-Movies.htm>

He researches and writes about quick,

easy-to-use way to play golf well.

Some Tips To Improve Your Golf Swing

By Edwin Shackelford

So, your golf swing needs improvement and you know it? Here are some tips in making better golf

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swings. Tip no. 1. A great golf swing does not mean you have to swing with arms.

Behind your back, put your golf club while you turn your back to your target. It is like taking your club back as you hinge your arm at your shoulder.

You could also practice the drill known as no arms.

Tip no. 2. You should not forget cocking wrists. Do not forget cocking your wrists. This might be difficult at first, but it will be natural to you with enough practice. Tip no. 3. You should let the left arm clockwise slightly when you start the back swing. It is not really something that you actually should remember. It naturally happens if you would just allow it. This just means that you should not resist this movement that is just natural. You might not notice it, but you might have been resisting this movement because this causes the head of your golf club to go open slightly when you swing it. Just allow it to happen. Tip no. 4. Plant your feet firmly on the ground. You might have copied this from baseball. That is, letting your foot heel in front to come above the ground when you swing your golf club back. Some people think that by doing this so, their back swing feels more huge.

It is something that seems lifting the front heel can easily make the body coil and for the tension to build that much harder. Letting the foot roll freely to the inside is fine. However, one should keep that foot on the ground to make golf back swing well-anchored. Tip no. 5. From the bottom golf down swing.

Assuming that you accomplish all the drills correctly - from the golf stance, the golf grip you have, and your golf back swing. But you can still ruin everything if you begin the golf swing that you have with the shoulders. You might want to use a swing trigger to begin the golf down swing that you have with the lower part of your body. Tip no. 6. And again, on your golf down swing. You should turn the belt buckle to your target.

Try turning your hips as powerful and fast as possible when you do your golf down swing, it works.

Edwin Shackelford has been helping individuals improve thier golf game for years. Visit His Site Today

<http://www.improve-your-golf-game.com>



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