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Par and Beyond: Secrets to Better Golf

By Dr. Jerry V. Teplitz

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You've bogeyed your last hole, you are about to hit your next drive. As you take your practice swings, your mind is still on the last putt that you blew. You take your swing and it's a slice. In your mind you say to yourself "Oh no, I'm going to bogey again!" and you do.

Sound familiar? You know the techniques and mechanics, but you just can't get either your mind or body aligned with each other so that they do what you want them to do. In a word, you are stuck and "switched off," and your golf game is not going well at all.

Golf requires you to think clearly and be analytical which are functions of your brain's left hemisphere. Golf also requires you to be creative and intuitive which are functions of your right hemisphere. To be a truly successful golfer you need to use both sides of your brain at the same time; you need an integrated approach.

Brain integration is one of the components of a program that uses the concept of "muscle checking." As a professional speaker and trainer, I have demonstrated this muscle checking concept for over 20 years. Audiences have found it both amazing and exciting.

To understand this concept you will need a partner to practice on as you follow these instructions.

1. Face a partner. Have your partner raise one arm straight out from the side of his body with thumb pointing down.
2. Place one hand on your partner's extended arm, above the wrist and the other on their opposite shoulder.
3. Instruct your partner to resist as you push down, firmly and steadily, on his extended arm for several seconds. Your partner's arm should not move down more than a couple of inches.

4. While your partner keeps his arm extended, have him close his eyes and think of a negative golf experience. When he has it focused, press down on his arm. His arm will come down easily.
5. Now ask your partner to think of a very positive golf experience. Once he has it in focus, press down again. His arm will stay level and strong.
6. Have your partner check you.

The muscle checking is real and repeatable. It is indicating the response of your partner's unconscious mind to negative and positive golf experiences. The results have nothing to do with muscular strength; rather, you are accessing a neurological phenomenon. With the positive thought your muscle stays strong indicating that your body's life energy and brain functions are switched-on.

With the negative thought your muscle switches off demonstrating how negative thoughts actually affect your physical body, and this interferes with your golf game. As you observed and experienced for yourself, the contrast is very easy to see.

For more information on muscle checking and other techniques to help you play better golf, visit

Dr. Jerry V. Teplitz brings his expertise in the field of Holistic Health to help you revolutionize your success on the golf course. He has coached the University of Pennsylvania Women's Golf Team, and has been named one of the Top 6 Head Masters in the country.

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!

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"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!

"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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