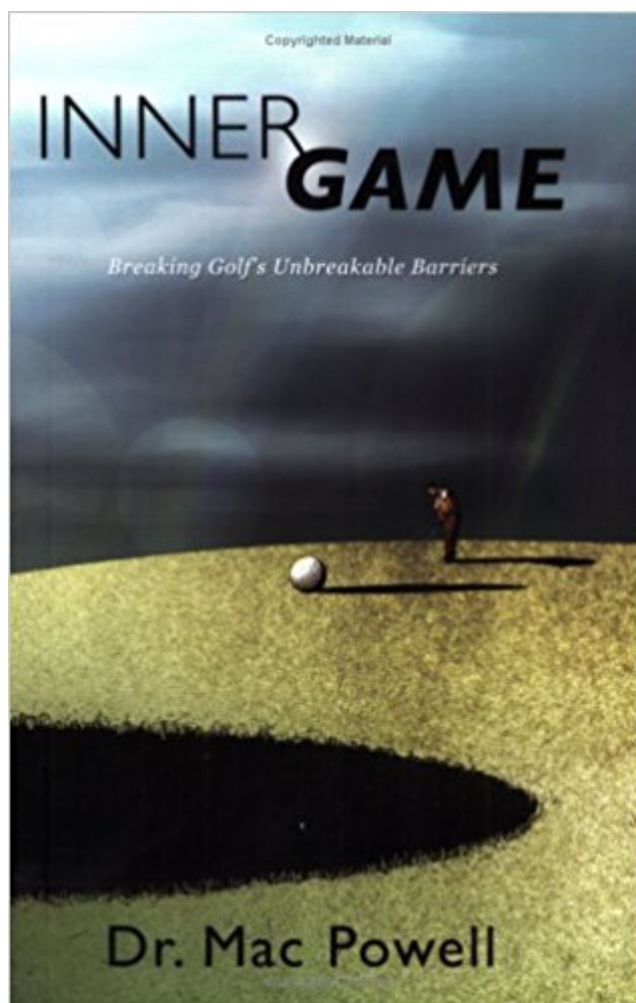


The book was found

Inner Game: Breaking Golf's Unbreakable Barriers



Synopsis

Incorporate personality and the latest findings of sports psychologists into your golf game. Mastering the mental game requires a deep understanding of your personality type. Using illustrations, personality inventories, exercises, and practice grids, improve your game from the inside out.

Book Information

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Customer Reviews

Incorporate personality and the latest findings of sports psychologists into your golf game. Mastering the mental game requires a deep understanding of your personality type. Using illustrations, personality inventories, exercises, and practice grids, improve your game from the inside out.

This book is written by Mac Powell, PhD, a Psychotherapist and Golf Professional in the Los Angeles Area. He addresses "Golf's Unbreakable Barriers" which are ultimately our personality types, and how they affect both our golf game, and the course of our lives. The first few chapters in the book describe the nine personality types observed in Golf (and life), and the various golf professionals who best demonstrate these characteristics. The types are roughly based upon Carl Jung's work and the Enneagram. The second part of the book deals with basic and mastery level golf and personality skills that you need to succeed on the golf course. The third section deals with evaluating and quantifying on course performance and the final section makes recommendations in light of your specific personality profile, and exercises that may be uniquely helpful. The writing is thoughtful, articulate, and very clear with many examples. All in all, an excellent book for both the beginning and the advanced student of golf. Give it a read! It has a mixture of Eastern and Western

philosophy that is very pragmatic as well as spiritual, and you will be likely be able to apply the lessons learned on the golf course, as well as during the rest of your day!

I got this book quite by accident, but found it very helpful. It is now out of print I believe, but if you are lucky enough to find it, I suggest you grab it. It helped my game a lot. And, you can't have mine!

This book changed my life! Not only did it sharpen my golf game but it helped me with my job and my family.

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