

# Golf Driving You Crazy?

by Lee Honiton 03.04.06

If you can identify with golf coach, Jim Flick's assessment that "Golf is 90% mental... and the other 10% is mental!" then frustration will be no stranger to your game.

Supposing, however, you were able to train your brain using the same techniques as the top professionals?

What is it about golf?

Ever got angry on the golf course? Or frustrated? Ever caught yourself fearfully looking ahead in trepidation of the holes yet to be played? Ever tensed up over a shot? Ever wondered what the other players think of you? Ever questioned your ability or worse, criticised yourself? Have you ever been in a bad mood all day after a less than perfect round of golf?

But ... hold on ... Golf's meant to be fun, isn't it?

"You'd never believe it from some of the conversations I hear," says Lysette Offley of Sounds Positive. "If the key to an outstanding performance is in your head, then why do so few people work on that? They'll invest time and money in the physical side of the game, and let's face it, if you haven't got a sound swing, then you haven't got a game anyway. But so many get that far, and then neglect the mental side of it. Then they wonder why all they ever seem to do is complain about golf! The smart ones are starting to realise that there's something they can do about it. And they're leaving the others behind!"

Using the latest technology and understanding of how the brain works, Sounds Positive has developed a product called Better Golf. It consists of 2 audio tracks (both instantly downloadable from the Sounds Positive website) which use hypnotherapy and NLP to train you to focus on your game, achieve the results you want and not get distracted by all those negative thoughts. It also uses techniques to make you feel consistently confident and powerful. I was just aware of feeling very relaxed and letting the technology do the work for me. But the proof would be in the pudding. Was sitting comfortably at home and relaxing really going to improve my game?

Well ... I noticed an improvement in my game immediately. I felt so much more in control. To start with, my drive seemed longer and straighter. And when it came to putting, it was as if the cup was bigger than usual and swallowed up my ball! I felt like I couldn't miss! I knocked 5 points off my usual score and enjoyed my game for the first time in ages. The best bit was watching my friends' faces! I haven't told them yet about Better Golf. I want to enjoy it a bit longer before I put them onto it!

And on that note, I shall continue to listen to the tracks as Sounds Positive recommends. It doesn't stop here. I can't wait until my next round to see what happens next.

It seems to me that working on my unconscious mind has already taken me to the next level in my game, and maybe more significantly, has allowed me to thoroughly enjoy my golf and have fun.

Surely that's what it's all about, isn't it?

Train your brain like the top golf professionals with Better Golf

For more information visit: <http://www.soundspositive.com>

or ring Lysette Offley BA (Hons), PGCE, Dip Hyp, Dip PLT & SRT, GHR, GQHP on +44 (0)1491 414 122