



## Just Hit the Damn Ball!: How to Stop Thinking and Play Your Best Golf (Paperback)

By MR David J Johnston

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. MR Kenton Palamar (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Traditional golf instruction is obsessed with fault-finding and error correction. Your natural ability lies beyond swing mechanics. Every golfer knows the effortless feeling of a perfect shot. The secret to consistency is discovering the recipe you used to create the feeling of a perfect shot before you hit the ball. This book reveals the misconception behind muscle memory and illustrates the true value of golf instruction. Devote five minutes a day to mentally reviewing your best shots and you will be on the path to constant improvement. You have more natural ability than you realize. Develop the habit of reinforcing the memories of success and you will be playing better than you ever thought possible!.

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