



Golf: The Mental Game

Thomas N Dorsel

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Often you hear golfers say, "I've got the game; it's something psychological that's holding me back. I don't know what it is, it's just psychological."

Well, that "something psychological" involves either:

- *Thinking* - concentration, visualization, thoughts about the swing, etc.
- *Feeling* - confidence, pressure, emotional control
- Or *action* - strategies, routines, practice techniques, etc.

When something goes wrong - or right - on the golf course, the cause is going to be found in one of these three areas. In ***Golf: The Mental Game***, Tom Dorsel looks at more than sixty-five issues that can impact a golfer's success and happiness.

The book is divided into five sections:

- **Section one** presents the basics: getting started right, using the clubs correctly, and scoring.
- **Section two** is about thinking clearly: concentrating, what to think about, eliminating negative thoughts, keys to developing a great swing, and visualizing doing it right.
- **Section three** is about controlling emotions: building confidence, sharpening mental toughness, making your personality work for you (not against you), relieving stress through talking to yourself, handling pressure, and preventing choking.
- **Section four** is about effective action: practicing your skills, warming up, playing the game, and improving your game through setting goals.
- **Section five** is about the mental mysteries of golf: slumps, the effect of your good moments and bad, the mental gymnastics of putting, and collapses.

Golf: The Mental Game is the culmination of more than twenty-five years of writing about the psychological side of golf for national golf magazines such as *Golf Illustrated*, *Golf Digest*, *Golf Magazine*, and *Golfweek*.

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