

GET

PSYCHED



Secrets  
to  
Lower

**GOLF SCORES**

From the Creator of "Beat The Bogey Man"

Dr. Travis Fox, DCH, PhD



# Get Psyched Secrets To Lower Golf Scores

**Mike L McColgan**



## **Get Psyched Secrets To Lower Golf Scores:**

Get Psyched Travis W. Fox, Travis W. Fox, Dr., Dr Travis W. Fox Dch Phd, 2009-06 Get Psyched Secrets to Lower Golf Scores is the sequel and follow up to the successful infomercial retail of Beat the Bogey Man For all those who want to ascend to the HyPerformance level of the sport of golf this book is for you Any player who wants to reach the next level in this game must learn to master the mental side Travis Fox s methods will help you get there Mark Lye 18 year PGA TOUR Player and Golf Channel Analyst Dr Fox has helped me understand my mind and has also helped my game tremendously Cliff Kresge PGA Tour Player Top 100 Money Leaders 2008 Dr Fox s Hyperformance Relaxation mental tools are nothing less than revolutionary especially for those golfers whose swing is less than picture perfect Peter Kessler Host of Making the Turn XM Channel 146 Dr Fox taught me how to coexist with fear embrace challenges and seize opportunities that were out of reach before Chris Stroud PGA TOUR 2006 2009 Travis and his method are beyond revolutionary Mathias Gronberg PGA Tour School winner 2003 Winner 2009 Nationwide Tour and PGA Tour Player As the coach of Speaking of Golf Dr Fox brings valuable insight about life and golf on a practical quantum and spiritual level Tom Horan Host of internationally syndicated radio show Speaking of Golf Dr Travis Fox is simply a world class coach and mentor Joey Lamielle NationWide Tour Player Additional players Jose Maria Olazabal Bernhard Langer Jay Williamson Garret Willis Jin Park Amy Hung and In Bee Park have worked with and or endorsed Dr Fox s methodologies The Rotarian, 1976-05 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine **Real Golf** David Gould, 2012-11-06 Golf is a game that challenges its players to excellence While private golf lessons and long stints at golf school may work wonders David Gould has a better answer In Real Golf the author builds on 17 years of playing the game with PGA teaching professionals The result is a meat and potatoes instruction book for the experienced nonexpert weekend or after work golfer On every page Real Golf provides instant assistance giving golfers a virtual partner at the ready More than 120 tips lessons and fixes for faults give readers the tools for self diagnosis and solutions for curing the slice and hook getting out of trouble saving strokes around the green and more **Westways**, 1976 *USGA Journal and Turf Management*, 1974 The Kiwanis Magazine, 1974 *Fore Play* Michelle Urry, Colby Allerton, 1995 Filled with classic cartoons hilarious party jokes side splitting stories and humorous interviews with golfing greats Fore Play captures the essence of what readers love about Playboy s skewed look at this popular sport Illustrations throughout 50 in color Men's Health, 2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle LIFE, 1972-07-28 LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century It now lives on at LIFE com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today s people and events

They have free access to share print and post images for personal use      **Best of the High School Press** ,1997      *The New Yorker* ,2003      **Library Journal** ,1997 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

*Forthcoming Books* Rose Arny,2002-04      18 Golfing Secrets Chris Baker,2021-01-25 Each chapter covers specific golfing strategies tips drills and philosophies to shoot lower scores Some of the chapters include the following Lesson no 1 Course Management and How to move the ball around the Course Like a Pro Lesson no 2 How to Make More Puts and Get up and down More often Lesson no 3 How to Hit More fairways Lesson no 4 How to hit More greens and play your way into your round Lesson no 5 What to think over the ball Lesson no 6 How to keep your energy levels up throughout the round Lesson no 7 How to Win and get what you want from this game Lesson no 8 The Perfect 100 Balls How to make the most of your time on the driving range Lesson no 9 How to develop the habit of practicing consistently Lesson no 10 How to Develop Mental Toughness Lesson no 11 How to calculate yardages Lesson no 12 How not to get scared by the competition Lesson no 13 How to Become a Master from 125 Yards and In Lesson no 14 The Power of Routines Lesson no 15 How to start thinking more clearly on the golf course Lesson no 16 How playing Undisciplined Golf is Crushing your Game Lesson no 17 How to Swing the Club Faster and Hit it Further Lesson no 18 How to Find your game and choose the long term path to mastery If you know someone who loves golf or your want to take your game to the next level This fun light hearted actionable book filled with stories throughout will help you get there      The New Republic Herbert David Croly,1956      **Going Low** Patrick Cohn,Patrick J. Cohn,2002 Contains lessons which intend to help eliminate self imposed limits create a confident mindset and play golf without letting mechanical swing thoughts get in the way      **Top 25 Secrets of Golf** Mike L McColgan,2012-07-01 This brilliant little black book of golf wisdom reveals simple secrets that will help you to shoot lower scores It is a great gift for young old good bad or great golfers      **GOLF CRISIS** Emmanuel Fauvel,2014-06-01 This golf book is all about helping amateur golfers Whether you are craving to know the secrets of how to lower your handicap or whether you desperately need to know how to lower your score Golf Crisis guarantees both Perhaps you have just picked up the game of golf and want to be the best at it from the beginning Or maybe you have played for a while but want to impress the big shots at the next game This golf book will guide you to lower scores and improved golf skills Golf Crisis divulges the well kept secrets of pro golfers who currently put your scores to shame With the help of this instructional book you will glean new techniques that are guaranteed to lower your score by 10 strokes as a matter of fact This is a big promise but one that Golf Crisis promises to deliver on Think about the impact this could have on your game Countless avid golfers who previously suffered from handicaps on the course attest to their success with the help of Golf Crisis Tips they have learned have helped them with every aspect of the game from a good warm up to improved concentration and even relaxation during their time on the green Games are no fun if you never win A haunting high score and a pesky handicap can plague you if you do not have the tools to

correct the problem This golf book is written for golfers in order to help them improve their scores so that they can reap the most satisfaction from the game A lower score produces satisfaction and relaxation so you can fully enjoy your favorite pastime The easy to understand instructions in the golf book give you step by step methods you can immediately apply to your game The techniques within this book take professional golfers years and years to learn and perfect Golf Crisis lays them all out in a simple format so that you can begin perfecting them within weeks Golfers will get a variety of tips that will help them learn how to warm up how to focus better how to train properly and how to increase their confidence through tried and true routines Additionally golf aficionados will discover what they can do to fine tune their skills and be taught what changes must be made in order to lower their score once and for all The book Golf Crisis is guaranteed to set you up for success on the course The book gives every golfer the tools needed to lower their score and enjoy themselves during every game With new skills and techniques and a lower handicap you can impress your fellow golfers every time you head to the club I sincerely hope you will like reading this book and your score gets improved FAST

**Webster's Encyclopedic Unabridged Dictionary of the English Language** Random House Value Publishing,1997      **Golf Smart** Marilyn J. Varcoe,1999 This book is a clear guide to improving a golfer s score by addressing the mental aspects of the popular game Golfers are taken through a series of seven psychological techniques through easy to follow instructions all of which will help to improve performance and lower scores Chapters include Confidence Concentration Imagery Intensity Regulation Cognitive Strategies The Pre shot Routine and Goal Setting Also included are dedications to golfing great Gene Sarazen and CBS sportscaster Ken Venturi as well as a foreword by Jon Ebert The author draws on her 25 years as a psychologist and sports psychologist to offer real life examples of her principles at work The text is also peppered with quotations from golfing notables attesting to the skills that are explained As an added bonus this book illustrates how the lessons learned on the golf course can be applied to all aspects of life As she does in her golfing seminars and business consultations Dr Varcoe shows how changing attitude and thought patterns can lead the way to success in all aspects of life Simple to absorb and use this book contains concrete advice on how to improve your golf game and enjoy a better way of life

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