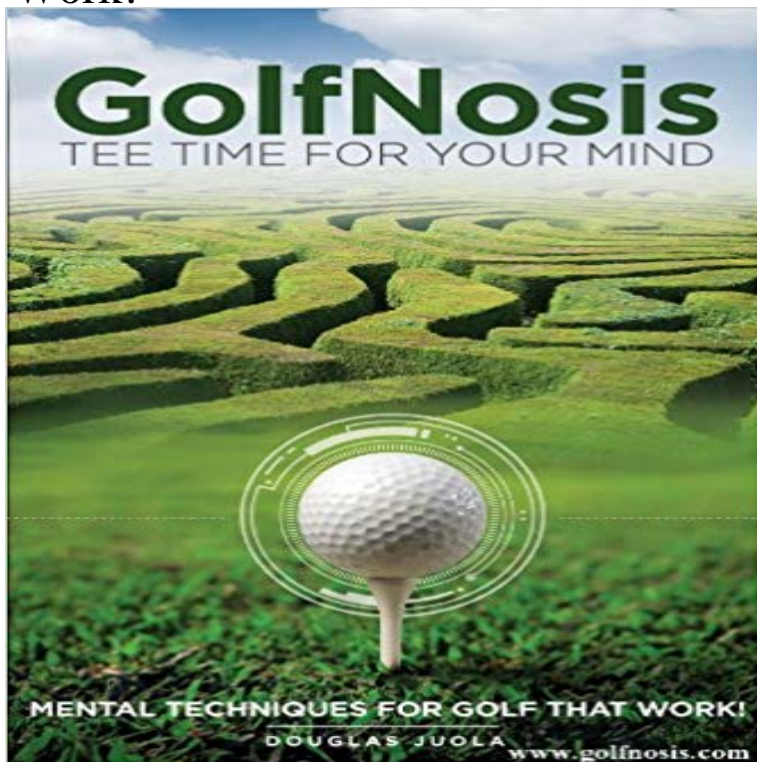


GolfNosis - Tee Time For Your Mind - Mental Techniques For Golf That Work!



Golfnosis Could Determine the Future of Your Golf Game! I have found that Golfnosis is a book that is helpful, inspirational, motivational, as well as transformational. The content applies to anything you put your energy into. Trust me. This is one book you want to add to your collection. - Ric Jara, Ed, D

The techniques the author presents in the book seem to offer some very practical, easy-to-learn methods for reducing the interference of mental blocks and letting your sub-conscious and your body work together to achieve that seemingly preternatural prowess we are so often wowed by in professional athletes. - Benjamin Grosse

I'm not a good golfer so I thought reading this book would help, I knew it would not hurt. Yes using Doug's techniques did help my game but more it helped me in the stress of everyday life. Good reading for everyone. - Craig Schick - Tustin

The game of golf is said to be over 90% mental and yet most golfers spend 0% of their time learning and practicing the mental game. Now you can play up to 40% better without having to touch a club! Learn simple, yet effective techniques to become instantly relaxed, confident, and focused. These techniques are easy to learn and can be put into action immediately. You may have heard that people only use 10% of their mind, learn to use ALL of your mind to help you play the best golf imaginable! Read this book and take your golf game to an entirely new level. You will discover: Which of the very best golfers of all time was hypnotized to improve his game at the age of ten? Learn how you can hypnotize yourself instantly and play in the zone! Find out how hypnosis can maximize your concentration, easily and naturally! Create a cocoon of concentration that NOTHING can enter! How a successful business can translate to success on the golf course! Pose like this and become

INSTANTLY confident! Worried about a future game? You won't anymore after you practice this simple technique! Have you already hypnotized yourself to fail? Learn how to hypnotize yourself to win!

Haunted by negative emotions from your past? Put them behind you for GOOD when you use this technique! This technique has been used successfully to eradicate irrational fears. It might be overkill, but now you can use this exact same method to obliterate any negativity!

Trigger your relaxation response instantly!

Contains over 90 proven mental techniques guaranteed to lower your score!

Which of the very best golfers of all time was hypnotized to improve his game at the age of ten? If you can write on a blackboard, you can hypnotize yourself!

How stress can be a GOOD thing?

Learn techniques that have relaxed people for over 3,000 years!

Want to become 40% more relaxed? Take a drink of water!!

Learn how you can hypnotize yourself instantly and play in the zone! Stressed out to the MAX? You just might be looking at the WRONG colors! Trigger your relaxation response automatically!

Find out how hypnosis can maximize your concentration, easily and naturally! Does it bug you when people are chatting and you are ready to make an important swing?

Use this technique and you will WANT them to talk louder!

Press this spot on your arm and make your mind a focused machine!

Look Up! Look Down! Look All Around! This remarkable technique strengthens neural pathways in your brain!

Create a cocoon of concentration that NOTHING can enter!

How a successful business can translate to success of the golf course! Pose like this and become INSTANTLY confident!

How one Vietnam POW played golf everyday while imprisoned for seven years!

Doing mental rehearsal the WRONG way will result in a very bad day on the links! Replay your golf game before you fall asleep and play better in the morning!

How to use a past success to trigger a win today!

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