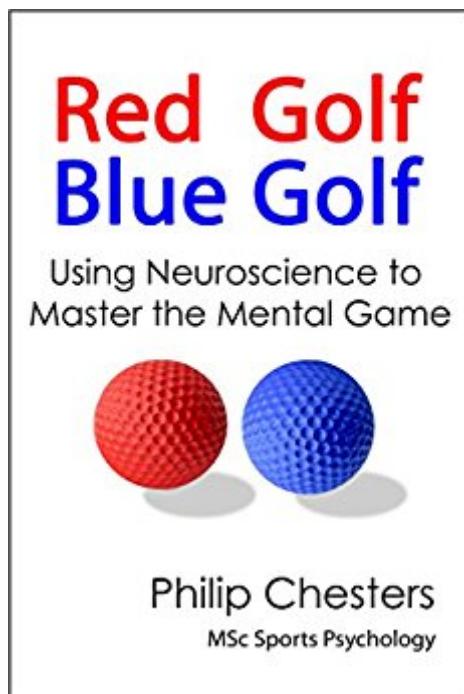


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# Red Golf Blue Golf: Using Neuroscience To Master The Mental Game



## Synopsis

This book is about how to play Blue Golf. Blue Golf is when you are playing at your personal best. You are calm and focused. You are making great shot decisions. You are executing these shots without thinking and the ball goes where you want. You are in the Zone. Many times though you are playing Red Golf. You are worried what the others are thinking of you. You are angry, anxious, disappointed, nervous or frustrated. You are filled with self-doubts. You are stuck in a vortex of negative thoughts. Your muscles are tense. Your rhythm and tempo are gone. You keep thinking about the mechanics and keep making shot mistakes. You make poor shot decisions and your score keeps building up. This book is about how to manage your mental/emotional state so you are playing Blue Golf and not triggering Red Golf. It incorporates lessons from the US Navy SEALS Mental Toughness training. The 4 pillars to Mental Toughness are Mental Rehearsal, Control of Self-talk, Arousal control and Goal setting. It's solidly based on research from neuroscience, the study of how the brain works. With the invention of the Functional magnetic resonance imaging scanner (fMRI) Neuroscientists have identified what triggers emotional reactions in people and the best way to change or reduce these emotional reactions. We will use this information to play Blue Golf. It uses the latest studies from sports psychologists in golf on the most effective ways to maintain mental/emotional state, what PGAs and elite amateur golfers do to stay in the zone, what causes them to choke, how to reframe your negative thoughts and how Eastern Mindfulness Training can be effective to maintain a calm mental state. It emphasizes the "how to" so that you can incorporate it quickly into your practice and game routines and take out on the course.

## Book Information

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## Customer Reviews

An extremely helpful book packed with a lot of great techniques that are sure to help you. While it is probably impossible (and also probably detrimental) to use all the techniques in this book at the same time you will definitely find a few that you can put into effect immediately. Using the highlight feature on my kindle paperwhite was especially helpful as I was reading. It let me go back to key points and phrases and really made the ideas stick. In addition the author provides you with a number of links to websites and YouTube videos that will further enhance your ability to utilize the methods he covers. Whether this is anecdotal or not the first round I played after reading this book and employing a couple of methods I tied my lowest score ever. I highly recommend this book for players of all levels and abilities, very well written, succinct and just a great read.

After reading this book I went out and scored 70 off the stick on a par 71, playing off a 6 handicap. The course is rated in the top 20 hardest courses in New Zealand. I have had a break of 4 weeks and played today shooting a 64 on an easier course of par 60. This book along with the practice techniques has improved my game

There is a lot of great info the author supplies the reader. Different techniques to get your mind in the right place from different resources. It's not a "his way is the best way" type of book. He gives many options to get the bean in our heads to think without over thinking.

Excellent book on the mental game of golf.

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