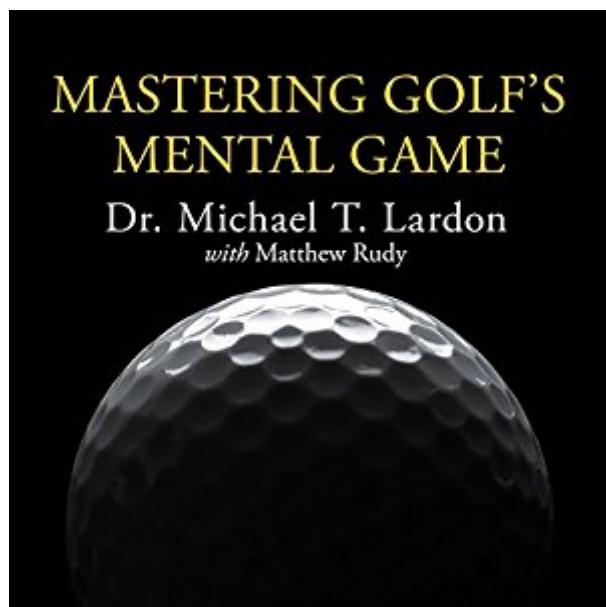


The book was found

# Mastering Golf's Mental Game: Your Ultimate Guide To Better On-Course Performance And Lower Scores



## Synopsis

To be a golfer is to tinker - with everything from equipment to grip to swing. But one thing most players don't give enough attention to is the mental game. Psychologists aren't a new phenomenon in golf, but Dr. Michael Lardon is a different breed of performance coach. Instead of sending his players into a losing battle against emotion, indecision, and fear on the golf course, he shows them how to organize their thoughts and use them for maximum performance. His step-by-step Pre-Shot Pyramid provides any player with the ideal blueprint for shot setup, and his revolutionary Mental Scorecard will give you the tools to accurately measure what you really do on the golf course. You will learn the same techniques that Dr. Lardon shares with Phil Mickelson and dozens of other tour players, including the tools that helped Mickelson right himself after the 2012 U.S. Open to win the British Open a month later with a historic final round. Mastering Golf's Mental Game will change the way you think about golf, and is a must-listen for any player serious about shooting better scores and getting more enjoyment out of the game.

## Book Information

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## Customer Reviews

As a former professional golfer who now competes in high level amateur events while also serving as a high school golf coach, I am always seeking ways to improve my golf game and those of the players on our team. For me, instant credibility was given by the forward from Phil Mickelson in which he described his collaboration with Dr. Lardon as they sought ways to define and bring out 'the zone'. All golfers have had some experience in which they are able to hit shots, make putts, and

think correctly which is why we continue to play: to find that 'zone' when playing in events that really matter to us. Dr. Lardon's book gives clear and objective methods that we can use to bring out the zone more often. As a coach, I also appreciated his definition of external motivation as it hopefully shows that we cannot bribe players to work harder at the game; it really does take internal motivation on their part. What we as coaches and parents can do to help our players improve is shown by Dr. Lardon and should be a guideline for us as mentors to younger golfers: make the game fun and give the players some tangible and reasonable goals to hit to help build the motivation within them. This is a must-read for all golfers seeking to improve AND also for parents/coaches who are trying to help younger players improve

Tremendous approach to the process versus the outcome. As a fairly competitive player I have always been obsessed with the outcome (score). I enjoyed the structure of the process presented in the book and the examples of how effective it can be. I have incorporated elements of this book into my game and have begun to see incremental improvements. You could argue that some of the concepts can be found elsewhere by other mental game writers - however I found the presentation very straightforward and more specific on how to actually take it on the course. Several books I have read touch on certain aspects but never provide the actual process to implement in your game. Well worth the investment to read this book no matter what level you play at.

Dr. Lardon's "Mastering Golf's Mental game" is a valuable book. When I saw on that it was released I immediately ordered a copy and while waiting for it to arrive I reread his first book, Finding Your Zone, which I had read several years ago. In that first book I had found the concepts of process oriented vs results oriented thinking and intrinsic vs extrinsic motivation interesting and helpful to my endeavors as a weekend golfer and as a businessman. And now here was a book specifically applying these concepts to golf, which is a game that I am addicted to, like so many others. I was ready. I read it through in one sitting and started practicing the exercises. I find the use of the pre-shot pyramid and mental scorecard very practical and helpful. Now I have a specific exact repeatable routine and also a way to analyze my performance. I have only been able to play 2 rounds of golf with the new system so I have yet to see a dramatic improvement in my scoring but I feel more in control of my game and am enjoying each shot on each hole more than I was before. I have also started applying the concepts to my business, where I primarily discuss research with clients over the phone. I've created a pre-call routine and keep a scorecard on the quality of each conversation. As I have just started this recently it is difficult to judge if it is improving my business,

but I feel more in control of my activities and simply feel better after each call. In addition to the helpful mental instruction you will find for your sport, activity, or business, "Mastering.." is also quite an enjoyable read. Highly recommended.

Although it seems as if it becomes more difficult to improve at golf as I get older, this book helped me to see that even though my swing and touch reached their peak years ago, perhaps my ability to score has not! I do occasionally use many of the tools offered in this book, but was never able to consistently bring them out for an entire round of golf. Too many highs and lows. By implementing the Mental Scorecard and utilizing the Pre-Shot Pyramid, I have recently been able to keep myself much more consistent shot to shot, hole to hole, and even round to round. Dr. Lardon's book has helped to take those extra shots off of my game and brought back the dreams of lower and lower scores!

I love this book! Dr. Lardon masterfully show us how to perform better at golf and in life. For a taste of what I mean check out the guided relaxation/visualization exercise that he offers on his website DrLardon.com (under the "Resources" tab). In Mastering Golf's Mental Game Dr. Lardon clearly lays out the essential attributes needed to achieve optimal performance. He then provides practical, easy to implement practices to realize those attributes. This book inspires me to aim higher in all aspects of my life and shows the pathway to realize my dreams. I have given this book to many of my friends and like me, everyone loves it.

Well written, easy to read and understand. I am a long-time sufferer of self-talk and mental noise that can be problematic when playing competitively (even on Saturdays!). Dr. Lardon provides a useful tool for "getting out of one's own head". Maybe a coincidence, but I'm a 9 handicapper and shot an even par 72 the week after reading it. Highly recommended.

Dr. Lardon succeeds in translating complex concepts about psychology into simple exercises that anyone can use for golf, other sports or life in general. Mastering Golf's Mental Game is very readable unlike some "how to" books that read like academic texts. I found fascinating Dr. Lardon's description of how world class athletes function in The Zone and can use the Mental Scorecard to their advantage. He has great tips on how to manage anxiety and to absorb a tough lesson or loss in a positive light to ultimately improve performance. This is a must read for golfers, athletes and anyone wanting to be better equipped mentally to face performance challenges.

I got this book for my husband for Christmas and he loves it. He has been using many of the suggestions to toughen his mental game this Spring.

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