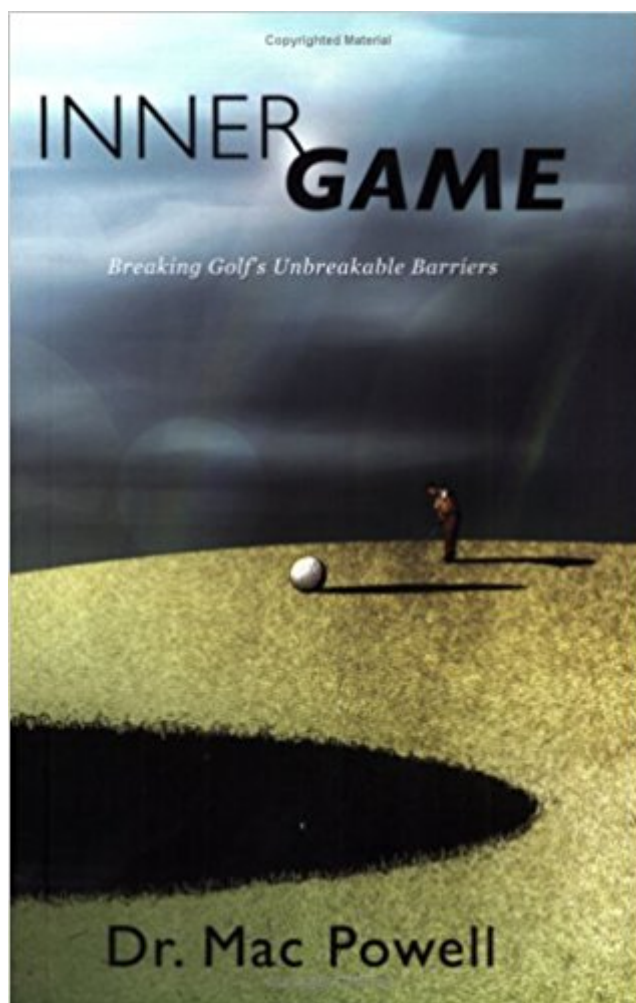


The book was found

Inner Game: Breaking Golf's Unbreakable Barriers



Synopsis

Incorporate personality and the latest findings of sports psychologists into your golf game. Mastering the mental game requires a deep understanding of your personality type. Using illustrations, personality inventories, exercises, and practice grids, improve your game from the inside out.

Book Information

Paperback: 208 pages

Publisher: Dark Bird Press (December 2004)

Language: English

ISBN-10: 0975521209

ISBN-13: 978-0975521205

Product Dimensions: 8 x 5.9 x 0.4 inches

Shipping Weight: 8.5 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #998,897 in Books (See Top 100 in Books) #63 in Books > Sports & Outdoors > Coaching > Golf #708 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology

Customer Reviews

Incorporate personality and the latest findings of sports psychologists into your golf game. Mastering the mental game requires a deep understanding of your personality type. Using illustrations, personality inventories, exercises, and practice grids, improve your game from the inside out.

This book is written by Mac Powell, PhD, a Psychotherapist and Golf Professional in the Los Angeles Area. He addresses "Golf's Unbreakable Barriers" which are ultimately our personality types, and how they affect both our golf game, and the course of our lives. The first few chapters in the book describe the nine personality types observed in Golf (and life), and the various golf professionals who best demonstrate these characteristics. The types are roughly based upon Carl Jung's work and the Enneagram. The second part of the book deals with basic and mastery level golf and personality skills that you need to succeed on the golf course. The third section deals with evaluating and quantifying on course performance and the final section makes recommendations in light of your specific personality profile, and exercises that may be uniquely helpful. The writing is thoughtful, articulate, and very clear with many examples. All in all, an excellent book for both the beginning and the advanced student of golf. Give it a read! It has a mixture of Eastern and Western philosophy that is very pragmatic as well as spiritual, and you will be likely be able to apply the

lessons learned on the golf course, as well as during the rest of your day!

I got this book quite by accident, but found it very helpful. It is now out of print I believe, but if you are lucky enough to find it, I suggest you grab it. It helped my game a lot. And, you can't have mine!

This book changed my life! Not only did it sharpen my golf game but it helped me with my job and my family.

[Download to continue reading...](#)

Golf: Golf At 60: A Complete Beginners Guide for Senior Golfers to Take Care of Health, Fitness & Play Golf Like a Pro (Golf, Golf Swing, Golf For Dummies, ... Golf Etiquettes, Golf like a pro, Golfer)
Inner Game: Breaking Golf's Unbreakable Barriers Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) The Unbreakable Unbreakable Soul - Mayim Rabim 5738 (Chasidic Heritage) Fascinating Golf Stories and More Hilarious Adult Golf Jokes: Another Golfwell Treasury of the Absolute Best in Golf Stories, and Golf Jokes (Golfwell's Adult Joke Book Series 2) Crazy Is My Superpower: How I Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules Absolutely Hilarious Adult Golf Joke Book: A Treasury of the Best Golf Jokes Ever Causing Loud Guffaws and Laughing Convulsions - Hilarious Golf Jokes ... Adult Joke Book Series) (Volume 1) Absolutely Hilarious Adult Golf Joke Book: A Treasury of the Best Golf Jokes Causing Loud Guffaws and Laughing Convulsions. Hilarious Golf Jokes For ... Bar! (Golfwell's Adult Joke Book Series 1) The Speed of Sound: Breaking the Barriers Between Music and Technology The Speed of Sound: Breaking the Barriers Between Music and Technology: A Memoir Unstuck: 10 Proven Strategies for Breaking Through the Barriers to Small Business Growth Breaking Down Barriers: Youth With Physical Challenges (Youth With Special Needs) Game of Thrones: 100 Question Trivia Game For True Fans (Epic Fantasy Series, Game of Thrones Books, Game of Thrones, Fantasy Books) (Epic Fantasy, Fantasy ... TV, TV Guide, Game of Thrones Book) The LAWS of the Golf Swing: Body-Type Your Golf Swing and Master Your Game The Seven Principles of Golf: Mastering the Mental Game on and Off the Golf Course Ultimate Golf Techniques: Improve Your Golf Game With The World's Greatest Golfers The Women's Guide to Consistent Golf: Learn How to Improve and Enjoy Your Golf Game The Inner Game of Golf Never Relapse Into Watching Porn Again: A Deep Inner Game Guide To Building Your Inner Strength and Reaching The 90-Days Porn Free Streak FINALLY: THE GOLF SHORT GAME'S SIMPLE SECRET: An incredibly simple, effective and easy to do • method to significantly improve your short game that is almost too good to be

true

Contact Us

DMCA

Privacy

FAQ & Help