

Published based on [Playing Great Golf Really Is Mind Over Matter](#)

Playing Great Golf Really Is Mind Over Matter

On the occasions I'm able to reunite with old friends for a round of golf, they are regularly stunned by how my game has improved since the last time we played together. I usually just shrug my shoulders content to keep the secrets to my improvement to myself.

If there's one thing a golfer knows, its that his golf buddies are not going to give up easily if they believe you have a secret or a tip they ought to know. My friends often make unfair usage of the persuasive strategies available at the 19th hole and I finish up disclosing my tricks-of-the-trade. In truth, my secret, if you can really call it that, is what is called mental golf.

Mental golf is using your mind to improve your golf by learning how to control yourself psychologically and emotionally while on the course. I read some articles on mental golf and then made a decision to learn some simple techniques to determine if they'd help my game.

To cut a long story short, I was amazed. I visualized myself succeeding and attempted to remove all of the doubts I had in my abilities amassed during years of slices, shanks, lost balls, and missed putts.

I was a bit doubtful at first but with a little perseverance, helped by the thought of impressing my golf buddies, I was nicely surprised by the impact it had on my game. In reality I was amazed. I just felt more at ease on the course and more assured in my abilities. Golf is now even more of a laugh than it was.

Sometimes you just know the second the club swings towards the ball that it's going to be a good shot. This is a feeling all golfers have experienced and it greatly improves your attitude in a round. Having this happen all of the time may not be possible but having it occur more frequently is possible using mental golf techniques. If you doubt that [mental golf](#) techniques will enhance your golf just ask Tiger Woods.

Alex Kelly, a once frustrated golf lover, discovered he could improve his game using [mental golf](#). Please visit www.mentalgolftreview.com to learn more about you can [improve golf](#) using mental golf techniques.

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