



# The Successful Golfer: Practical Fixes for the Mental Game of Golf

*Paul McCarthy, Marc Jones*

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Written by Dr Paul McCarthy (the first-ever resident Sport Psychologist at the home of golf - St Andrews Links) and leading golf consultant Dr Marc Jones, The Successful Golfer is a golf psychology book designed to help address 50 of the most common faults that players experience; faults which hold you back. These include: hitting the self-destruct button when winning, nervousness on the first tee, lost confidence, failing to practise as you play, losing focus off poor drives, and many more. Each fault is remedied with a clear practical fix. You will learn to develop effective practice plans, build a dependable pre-shot routine, cope with the pressures of competitive golf, and deal with distractions.

In the second part of the book, lessons from 30 fascinating research studies on golf are presented to help keep you ahead of the field. They include research on putting, practice, choking, and overthinking. In the third and final part of the book, clear instructions are provided on developing a number of highly effective techniques that can be used across a wide variety of situations. These include: pre-shot routines, breathing exercises, goal setting, and how best to practice.

The Successful Golfer is a must-read addition to any golfer's bookshelf. Read it and fix those mental faults that stop you from playing your best golf.

Just some of what you will learn:

- Learn to play consistently on the golf course and win when it matters most
- Develop unshakeable confidence in all facets of your game
- Build a consistent pre-shot routine to concentrate effectively and manage distractions
- Boost your resilience and learn to cope with the demands of competitive golf
- Uncover the secrets of success from the world's best golfers

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