

A close-up photograph of a golf club head and a golf ball on a green. The club head is dark and metallic, with a blue shaft extending upwards. The golf ball is white with a dimpled texture, resting on a yellow tee. The background is a blurred green field.

Eye ON THE BALL
Mind ON THE GAME

AN EASY GUIDE
TO STRESS-FREE
— GOLF —

Dr Arthur Jackson

Foreword by LAURA DAVIES

Eye On The Ball Mind On The Game An Easy Guide To Stress Free Golf

Richard Bailey



Eye On The Ball Mind On The Game An Easy Guide To Stress Free Golf:

Eye on the Ball, Mind on the Game Arthur Jackson, 1995 Guide to golf that emphasises the role of the mind Presents techniques to control anxiety and aid concentration and discusses topics such as positive visualisation and improving scoring Includes a CD references and an index The author has practised behavioural medicine in Sydney specialising in stress related illness and relaxation techniques His other publications include Stress Control Through Self Hypnosis Eye on the Ball, Mind on the Game Arthur Jackson, 1999 **The British National Bibliography** Arthur James Wells, 1999

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In a world inundated with monitors and the cacophony of instant conversation, the profound energy and mental resonance of verbal art frequently fade into obscurity, eclipsed by the continuous onslaught of sound and distractions. However, located within the musical pages of **Eye On The Ball Mind On The Game An Easy Guide To Stress Free Golf**, a fascinating function of literary splendor that pulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that mesmerizing opus books readers on an emotional odyssey, lightly revealing the latent possible and profound affect stuck within the elaborate web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is main styles, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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