

TRAIN YOUR GOLF BRAIN

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TRAIN YOUR GOLF BRAIN. By Dr Karl Morris

IT SEEMS almost a lifetime ago now that golfers talked about the mental side of the game in secretive, hushed tones and very brave was the poor soul who admitted his weaknesses to the degree that he had been to see a 'shrink' about his game.

The world is so different now in so much as there is hardly an article written about a player winning a tournament without some mention of the assistance given by their 'mind coach'

You would have to be pretty close-minded to ignore the fact that most top players are working systematically in three key areas **TECHNIQUE, BODY** and **MIND**.

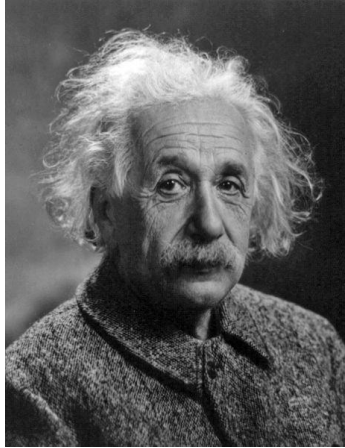
Unfortunately for the club golfer who is constantly scouring the golf magazines for the 'secret' be it the 5 fundamentals, the 7 Laws, the X Factor or the Y factor it is highly unlikely that we will ever be able to physically achieve the positions or body motion of a Tiger Woods or an Ernie Els because of the limited time available and if we are honest the physical shape that we are in.

The really exciting part I feel is that every single one of you out there can begin to '**THINK DIFFERENTLY**'. You have the capability to change your habitual thought processes and patterns that get in the way of your golfing success and enjoyment.

Considering the number of people I see with my work in golf it is mind blowing to come across so many golfers who are hovering emotionally out on the course anywhere from between slightly angry to almost suicidal.

One thing is absolutely certain with this game and that applies from Tiger Woods down is that your golf swing will let you down in some way at some point in every round that you play and when it does you will be asked a question 'How should I respond here?'

Unfortunately for most of you the way that you respond will keep you stuck at the same handicap and the same level of enjoyment. If your habitual response is to get grumpy, question your technique, your ability or your general suitability to belong to the human race then working with the mental side of the game could give you an early release from this particular prison of misery and set you on the road to find out just how good you could be at this game.



I don't think he was much of a golfer but Einstein pretty much hit the nail on the golfing head when he said that the definition of insanity was to keep doing the **SAME** things over and over again expecting a **DIFFERENT** result.

I marvel at the capacity people have to keep doing **EXACTLY** the same things over and over again hoping and anticipating a different result. The same things might be the way they practice, the way they jump from coach to coach or the equipment that they just cannot stop buying.

The absolute bottom line in golf (and life) is this, if what you are currently doing is not working **DO SOMETHING** else. Then and here is the tricky bit for most people **NOTICE** if what you are doing is working and if it does then **DO MORE** of it.

I am fortunate to work with some of the best players in the world and one of the questions I always ask them is to tell me about the best golf that they have ever played. As I listen closely I am picking up the ingredients of what they were doing when they were at their best. When I relate back to them some of those ingredients be it their attitude or the way they had been practicing or the way they behaved in between shots I will often say 'do you still do that?' and as the quizzical look spreads on their face 'No, I didn't think that was important!' is often the answer.

Very often we keep doing what doesn't work (because others are doing it) and we stop doing what does work because we didn't think it was important!

Just ponder this question long and hard 'what was I doing when I was at my very best?' before the round, during the round, in between shots and after you had finished. It could just be that if you look closely enough you could find your own recipe for success right in front of your own nose.

Dr Karl Morris can be contacted through
www.golf-brain.com or www.golftrainingproducts.co.uk