



# Smart Golf: How to Simplify and Score Your Mental Game (The Jossey-Bass Psychology Series)

*Dede Owens, Dan Kirschenbaum*

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**Gives players the inside track to improve their mental game and their scores**

For the first time, a book that shows you how to put mind and technique together for winning performance! Begin using *Smart Golf* today and enjoy taking your game to a new level.-- Dr. Shane Murphy, Chief Sport Psychology, United States Olympic Committee (1987-1994)

All golfers know the importance of their mental game. *Smart Golf* is the first book to translate the mental aspect of playing golf into a simple format that golfers at all skill levels can actually use.

In this innovative new book, pro-trainer DeDe Owens and sports psychologist Dan Kirschenbaum join forces to give you the inside track on improving not only your mental game, but also your scores.

The authors use the acronym PAR (Plan-Apply-React) to summarize the key elements of smart golf. Applying scientifically researched and field-tested principles of sport psychology, *Smart Golf* presents state-of-the-art techniques for focus, relaxation, self-regulation, anxiety and stress management, and performance enhancement.

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