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challenges during a round it s like a virtual reality without
any real life consequences see more
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web mentales training ist im golfsport wichtig um ihr spiel
nachhaltig zu verbessern dabei sind die probleme
vielschichtig zu viele oder falsche schwunggedanken können
dazu

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first let s take a look at some of the mental skills or success
factors that you will need if you are to break out of your
comfort zone and play better golf at higher levels examples
of these are acceptance commitment see more