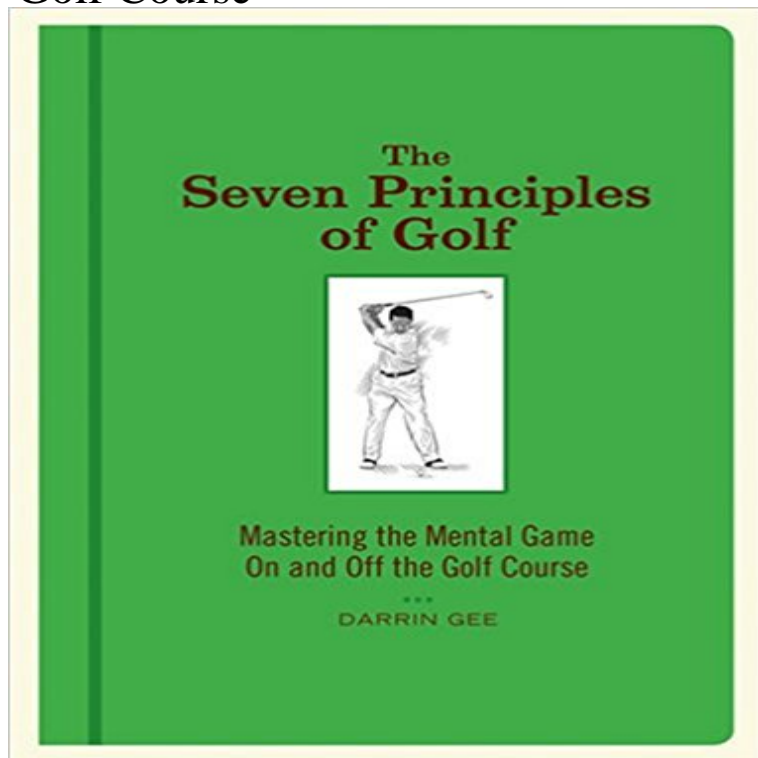


The Seven Principles of Golf: Mastering the Mental Game on and Off the Golf Course



The Seven Principles of Golf are essential to the game of the seasoned professional as well as the beginning golfer. Jerry Kelly, PGA Tour Professional Harvey Penicks Little Red Book meets The Seven Habits of Highly Effective People In The Seven Principles of Golf, Darrin Gee, the golf industrys most innovative instructor, brings us a ground-breaking book destined to be a classic akin to Harvey Penicks Little Red Book and Ben Hogans Five Lessons: The Modern Fundamentals of Golf. This inspirational golf instruction book offers Gees simple yet profoundly powerful mental and inner approach to golf mastery. Proven successful by golfers of all levels, including PGA Tour professionals, at Gees nationally recognized Spirit of Golf Academy, his Seven Principles of Golf blend together timeless concepts into a dynamic and effective step-by-step process leading to better shots, lower scores, and more fun. Beyond a coach or a sports psychologist, Gee is a true philosopher of golf and of life. His instructional method embraces a golfers total performance, and each chapter applies the same principles taught in golf to personal and professional life. In presenting techniques for quieting the mind, enhancing awareness, visualizing each shot, developing pre-shot rituals, and finding ones natural swing, Gee prescribes a series of exercises to be performed on and off the golf course. This eloquent and motivational book promises to bring about dramatic changes not only in ones golf game, but in ones personal and professional life as well.

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