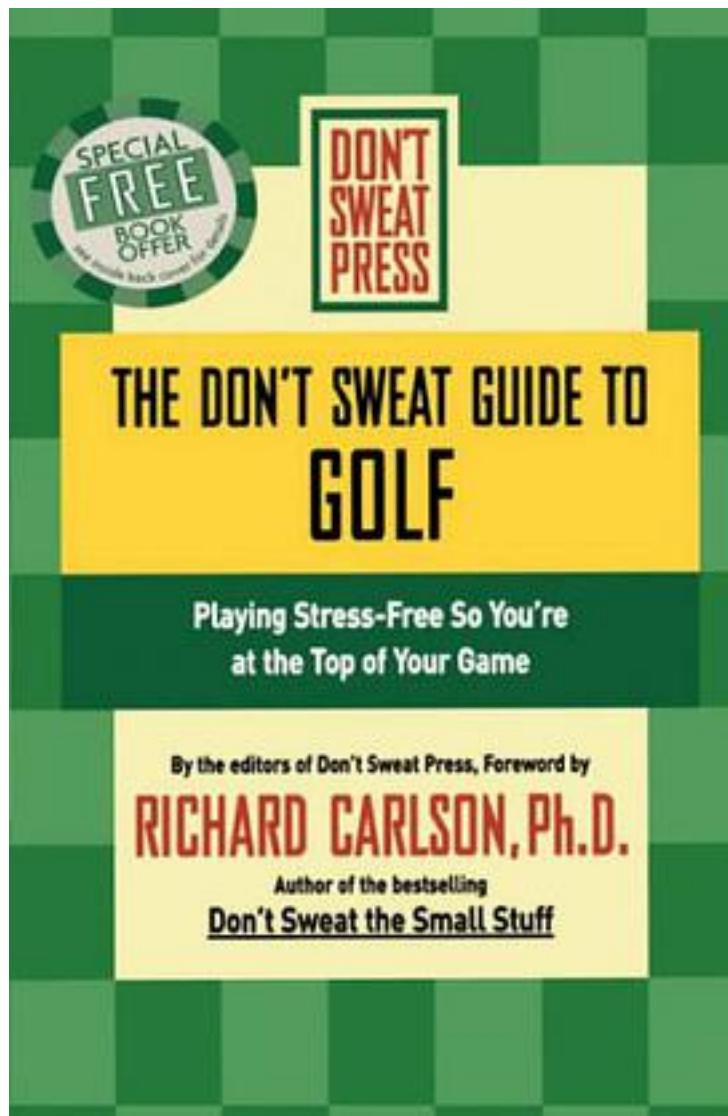


# Don't Sweat Guide to Golf



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著者:Richard Carlson

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## 在线阅读本书

Foreword by Richard Carlson, Ph.D. So many people are trying to improve their golf game nowadays, but many don't realise how bringing the stresses and worries of the workday onto the course hurts their score. In this book, the editors of Don't Sweat Press show both beginners and fanatics how to relax before teeing off as well as during the entire game, so they won't wind up in the sand trap!

## 作者介绍:

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