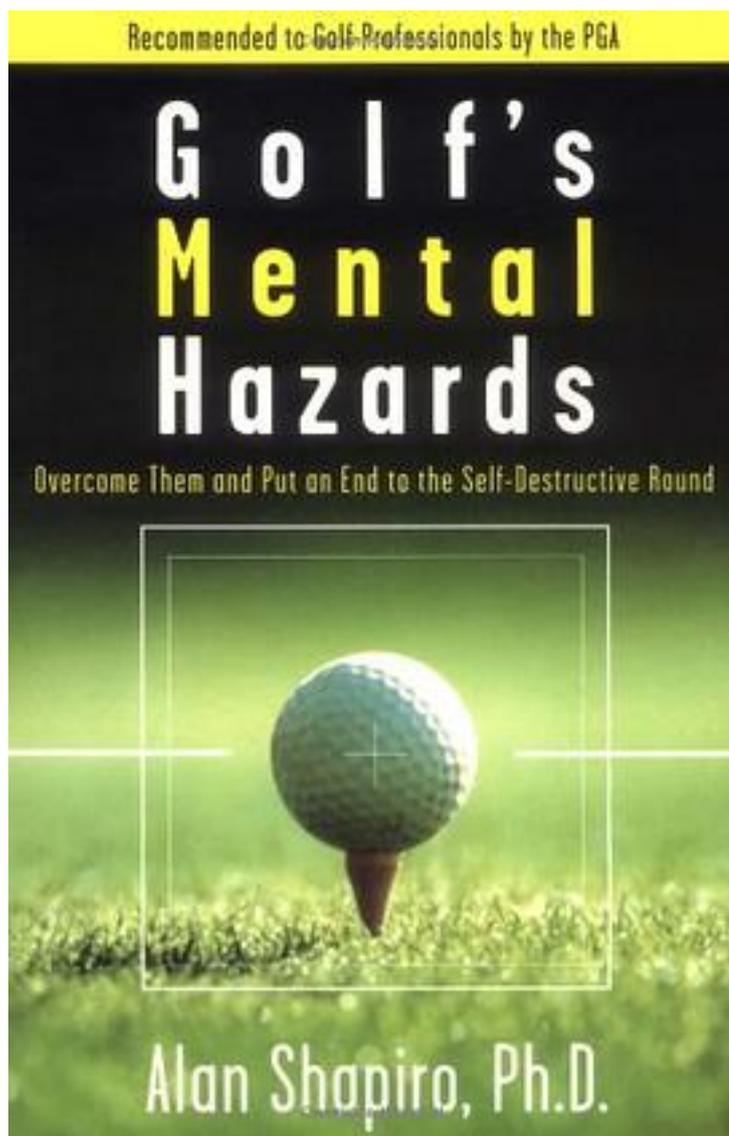


Golf's Mental Hazards



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著者:Shapiro, Alan

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What's Your Golf Personality? According to Dr. Alan Shapiro, the personality traits that cause problems in your everyday life can also wreak havoc on your golf game. If you're a worrier, chances are you're also anxious at the tee. If you're a control freak, you probably overanalyze your swing and tend to freeze up over the ball. If you have a short fuse, there is a good chance you're a club thrower. Using his experience as a psychologist and a devoted golfer, Dr. Shapiro has identified six major golf personality types or "Mental Hazards." Just take the simple, forty-eight-question quiz provided to determine your Mental Hazard Profile, then read and apply Dr. Shapiro's customized advice for overcoming the Mental Hazards that plague you on and off the course. No matter what your handicap, the unique approach of Golf's Mental Hazards will lead to increased self-awareness and lower golf scores, finally putting an end to the self-destructive round.

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