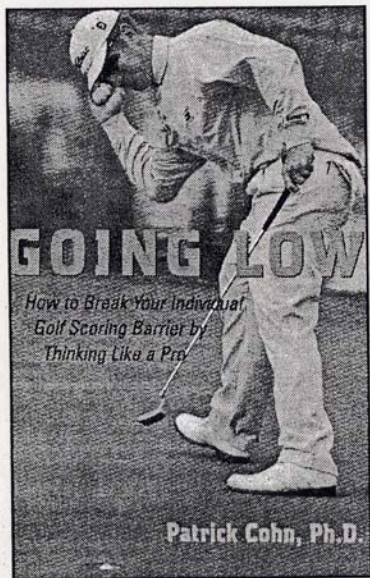


# Cohn book helps golfers break scoring barriers

What do Ernie Els, David Duval, Notah Begay III and Laura Davies all have in common? Besides being great players on their respective golf tours, they have also posted some of the lowest competitive scores in recent years. To "go low" they have developed attributes other than physical talent that have taken them this far - and they have the mindset to shoot low scores.

In his latest book, "Going Low: How to break scoring barriers by thinking like a pro," Patrick Cohn, a sports psychologist, teaches tour-proven mental strategies for any golfer who strives to break through his or her individual scoring barrier.

Going Low teaches golfers how to identify and eradicate the beliefs that impede their success in golf, as well as in other endeavors in their life. Cohn provides specific methods that will guide golfers, lesson by lesson, toward their dreamed-about personal best round. He offers mental tips on how to avoid expectations and



overcome comfort zones in golf which can help pave the way to a personal best round.

"The most important mindset to going low is to not think about your score in relation to what you think you should shoot and give yourself a chance at making par

or birdie on every hole," says Cohn. "If you start thinking about score or what others are doing, you lose sight of what you are trying to do, and that's 'hit the shot right now.'"

Cohn, a sport psychologist and monthly columnist in Tee to Green Magazine, has worked with a number of professional golfers in improving their mental approach. His latest book shares some of their stories and offers some interesting insight into their mindset when they are able to find "the zone."

The book offers tips that are useful for golfers of all skill levels, from the professional to someone trying to break 90 for the first time. There are plenty of good tips that will help any golfer get into a good frame of mind when they step onto the golf course.

He talks about expectations, comfort zones, mental traps to avoid, how to keep a good round going, how to re-gain momentum and acknowledging your fears.

Cohn has an easy-to-under-

## BOOK REVIEW

stand way of writing that allows golfers to apply his techniques and advice. It is a great read when preparing for tournament play as it offers tips on confidence and focus.

The book also includes a question-and-answer chapter at the end based on some of the most common problems and questions that he is asked. Many of the questions will surely sound familiar and golfers are sure to be able to apply some of this advice to their practice and game.

For more information, contact Peak Performance Sports at 1-888-742-7225.

- By Scott Harrington

"Going Low: How to Break Scoring Barriers" by Patrick Cohn, Ph.D. - Contemporary Books, a division of The McGraw Hill Companies; 256 pages; \$22.95