



# 30-Second Golf Swing: How to Train Your Brain to Improve Your Game

*T.j. Tomasi, Kathryn Maloney*

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One of *Golf Magazine's* Top 100 teachers reveals the 30-second technique to avoid mental errors and reach your true potential.

A golf swing takes less than two seconds to execute. But it's the 28 seconds before that swing that separates the average golfer from the champion. Now one of the country's most soughtafter golf coaches shows you how to develop the instincts and patterns necessary to deliver a great shot and stay in control even in the most high-pressure situations.

*The 30-Second Golf Swing* enables you to impose your will on the golf course rather than allowing the golf course to impose its will on you. The techniques in this book will help you recognize what is happening when your game starts to slip and gives you the tactics to regain control immediately. Best of all it will help you achieve a score that matches your talent for the game and develop a mastery not only of golf but also of yourself.

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