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Golf Solutions

A step-by-step manual for assessing every aspect of your game, lowering your scores and beating your friends!



Lester J. Bouchard, Ph.D., CPC

ACHIEVEMENT SOLUTIONS

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To all my mentors, clients and supporters:

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About the Author

Acclaimed as a consultant to golfers, Dr. Lester Bouchard holds a doctorate degree in Sport Psychology from the University of Florida in Gainesville, where he also served as a Golf Instructor, and was an assistant coach and consultant to the University Men's SEC Champion Golf Team. Dr. Bouchard is a Certified Professional Consultant and a member of the American Psychological Association, the Association for the Advancement of Applied Sport Psychology, the United States Golf Association, and the American Consultants League.

His hundreds of professional consultations and presentations have focused on the powerful link between the mind and athletic performance. He has also produced video and audiocassette programs to help people achieve peak performance, in both sport and in life, through a variety of psychological techniques. The comprehensive training and competitive playing philosophy described in this manual was developed through nearly 10 years of insights and experiences which were acquired as the Director of Sport Psychology at the

Arnold Palmer Golf Academy as well as a consultant to various University of Florida and other professional, Olympic and aspiring athletes. Dr. Bouchard is now the President of Achievement Solutions, a Florida based company dedicated to the personal growth and development of athletes, individuals and businesses.

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Table of Contents

	Page
Acknowledgements	iv
About the Author	v
Introduction	xi
Step 1 Developing Performance Awareness	1
Sample Scorecard	5
2003 Professional Tours Statistics	8
2004 Professional Tours Statistics	8
Amateur Statistics	9
Summary Points	10
Round Tracker	11
Step 2 Increasing Technical Awareness	12
Grip	13
Alignment and Set-up	14
Posture and Stance	14
Ball Position	15
Swing Path	15
Most common Swing Errors	16
Other Common Causes of Ball Flight and Mishit Errors	17
Slice	17
Hook	17
Block	18
Pull	18
Loss of Distance	18
Top or Thin	18
Chunk.....	18
Misdirectional Divot	19
Shank.....	19
Kinesthetic Awareness	20
Kinesthetic Swing Awareness Exercises	20
Swing Path	21
Contact	21
Tempo	22
Timing	23
Grip Pressure	23

Those That Have No Plan	70
The Typical Situations that Cause Performance Problems	71
Pre-Competitive Preparation	71
Mental and Emotional Reactions to the Start of Competition	75
Mental and Emotional Reactions to When Play is Going Well Versus Poorly	75
In Between Shots	76
Routines	78
Course Management	83
Summary Points	88
Performance Journal	89
Step 5 Recognizing the Impact of Other Life Management Factors	90
Sleep	90
Nutrition	92
Fitness	95
Self-Discipline	102
Perception and Attitude	103
Time Management	105
Stress Management/Recovery	110
Summary Points	113
Weekly Development Checklist	114
Step 6 Implementing Performance Enhancement and Emotional Control Techniques	115
Emotional Control	115
Positive Attitude	117
Self-Talk	118
Identifying and Restructuring Negative Self-Talk Exercise	122
Affirmations	123
Attention, Concentration and Focus	128
Cues and Triggers	130
Thought-Stopping	133
Visualization	134
Reflective Imagery Exercise	135
Modeling	138
Journals and List	139
Relaxation Techniques	139
Deep Concentration Breathing	140
Progressive Relaxation	141

Autogenic Training	142
Meditation	144
Self-Hypnosis	145
Summary Points	151
Step 7 Putting it All Together	152
Goal-Setting	152
Deliberate Practice	154
Periodization	159
Peak Performance Moments	163
Summary Points	167
Goal Setting Worksheet	168
Daily Practice Log	169
Sample Training Regimen	170
Step 8 Keeping it Together	171
Sustaining Motivation	171
Avoiding Staleness and Burnout	176
Summary Points	183
Summary and Conclusion	184
The Dr. Golf Prescription	186
References and Suggested Readings	187

Introduction

Golf is one of the few games where the player and the player alone determine the outcome. There is no one else to blame or accept responsibility. Unfortunately, many players fail to learn from mistakes and most do not practice correctly. Consequently, they never get any better and they become frustrated. One of the primary reasons that a player becomes discouraged is because of their inability to determine why their game does not improve. They cannot ascertain what is holding them back from beating playing partners or friends whom they feel that they are better than.

All that you have to do is look around the typical driving range and you can see the obsession and aggravation with attempting to master this game. Increasing proficiency in any endeavor requires awareness, choice and trust. This is particularly true of golf. First, you must be aware of what is costing you strokes. Second, you must choose a training regimen, which over time will lower your scores. Finally, you must trust that what you are doing will be effective if you stick with it.

Golf Solutions provides a life-long philosophy and process for continuous self-improvement. It is an approach and perspective that all high level players adhere to because they recognize and accept the laborious nature of this game. Although amateur players often look for quick fixes, such approaches rarely fulfill expectations, particularly over the long-term. Nothing of quality comes that way.

Progress and development takes a thorough and accurate assessment of your game, a dedicated effort to the appropriate improvement activities and time.

Golf Solutions will help you:

- ✓ Learn how to accurately chart rounds and assess what is costing you strokes.
- ✓ Develop complete control over your own advancement leaving little to chance.
- ✓ Become skilled at recognizing all known situations that cause performance problems.
- ✓ Learn how to think, train and compete with professional techniques and strategies.
- ✓ Save time, money and energy that would otherwise be wasted on inappropriate or less effective assessments, training methods, strategies and gadgets.
- ✓ Acquire the knowledge and skills to improve all facets of your game at a fraction of the cost that similar professional lessons would be.

Step 1 teaches you a system for accurately charting rounds of golf to determine which statistical areas of the game are costing you strokes. The chapter includes a sample round analysis, a thorough explanation of objectively and subjectively determining stroke-costing shots and a blank worksheet that can be used for more effective round assessments.

Step 2 covers the basic fundamental-technical aspects of golf. Included are instructions and illustrations regarding proper grip, alignment and set-up, posture and stance, ball position, and swing path. Explanations for the most common causes of swing path and ball flight errors such as a slice, hook, and loss of distance, top, chunk, misdirectional divot and shank are also provided. Furthermore, Step 2 introduces kinesthetic awareness exercises to help you develop a feel for proper mechanics, contact, tempo, timing, and grip pressure.

Step 3 explains the impact that confidence, improper thoughts, tension, nervous reactions and anger have on performance. Exercises, worksheets, a questionnaire, and sample journal are included to help you develop psychological awareness.

Step 4 discusses the various mental errors that players make and the typical situations that cause performance problems such as improper pre-competitive preparation, mental and emotional reactions to the start of competition, when play is going well versus poorly, and what a player does in between shots. Suggestions are offered for developing effective performance routines and course management skills.

Step 5 addresses how sleep, nutrition, fitness, self-discipline, attitude, time management, stress management and recovery or lack thereof can potentially affect performance. Recommendations are made for ways to improve each of these variables and a worksheet is included to aid monitoring and assessment.

Step 6 teaches you various techniques for developing emotional control and enhancing performance. You learn:

- ✓ How attitudes are developed and why they affect performance.
- ✓ How to identify and restructure self-talk.
- ✓ The power of affirmations.
- ✓ The different forms of attention and how to focus more effectively.
- ✓ How to use triggers and cues to change behaviors.
- ✓ How to stop unproductive thoughts.
- ✓ Two key types of visualization and when to use them.
- ✓ The art of relaxation and the techniques for manifesting it.
- ✓ How to use models to manifest development.

Step 7 instructs you on how to:

- ✓ Properly set goals.
- ✓ Practice effectively and efficiently.
- ✓ Periodize technical, mental and fitness training to maximize performance.
- ✓ Identify and increase the frequency of peak performance moments.

Included are a sample goal setting worksheet, a daily practice log and training regimen.

Step 8, the final step, describes how to:

- ✓ Sustain the motivation to achieve.
- ✓ Avoid athletic staleness and burnout.

Regardless of education, socioeconomic status, gender or age anyone can develop the skills necessary to self-improve play and demonstrate more consistency. All that you need is a little knowledge about technique to develop a reliable swing, a good short game, and the right physical and mental approach. You need to stop fixating on the results of shots as well as the score, and instead concentrate on hitting every shot to the best of their ability, learning from experiences and applying that knowledge.

Success in golf is a matter of understanding and attaining the appropriate mechanical techniques. It is also about regulation of the mind and body. Lots of people know the basic principles. However, it is a matter of applying those principles consistently at the right moments. The knowledge is not much good unless you use it. The reality of the situation is that technical skill and self-regulation of the body and mind are not attributes that a golfer can buy and instantaneously possess. Rather, they are skills that any player can develop and must practice.

Self-awareness is one of the biggest advantages that high level players have over amateurs. They know themselves, they know their game and they know their tendencies. Therefore, they know, through experience, how to assess and resolve the majority of their own personal problems when they arise. Not every player may achieve the proficiency to perform at the elite level. Every player, however, can develop the right mental attitude and approach to the game to get everything possible out of his/her capability.

Without regular self-monitoring, assessment and adjustment, a person remains stagnant. They get in a comfort zone, whether productive or not. At the first sign of adversity, these individuals resort back to the same old ingrained unproductive habits. It ends up being a perpetual cycle of falling victim to the same circumstances repeatedly time after time.

[Golf Solutions](#) was developed to help the amateur golfer learn the skills necessary to be self-sufficient, be mentally tough, achieve and more regularly attain peak performance. Additionally, it is structured in a way that allows each player to construct and implement an individual plan for improvement. Please keep in mind that every athlete is different. Elite athletes have used many of the concepts and techniques described, solely or in combination, to enhance performance for decades. Which skills and techniques are needed and will be most beneficial to you is a matter of objective analysis, experimentation, and regular application. The path to reaching peak performance potential and consistency can be long and laborious. However, with the right perspective, dedicated effort, patience, and resiliency, you will soon discover how truly good you can get.

Step 1

Developing Performance Awareness

“You can’t set the course for where you are going until you know where you are.”

Author Unknown

To improve your golf game you must first have a clear understanding of what it is that is causing you to lose strokes. Is it a deficient swing? Is it a poor short game? Is it your strategy? Is it a substandard mental game? Is it just a lack of practice or playing? Unless you understand why you are not playing to the best of your ability it will impossible to make an effective change to help you reach your goals.

Therefore, let us begin this process with a little self-analysis. Which of these previous areas do you think is causing you to lose strokes? If you know definitively, then you are one step closer to reaching your objective. If you think you know, I would caution you to make sure that your notions are factual before you commit to your plan for improvement because perceptions and reality are often different. If you have no clue, then welcome to the path of self-discovery and let’s proceed to gaining some insight.

On the basic level, take a look at your typical round of golf. How many fairways and greens do you hit in regulation? How many putts do you average? How often do you get up and down from around the green and in the bunkers? If you do not know, you should. Again, it is essential to know exactly what part of

your game is causing you to lose strokes. Keep track of these statistics as you play and after a few rounds calculate the averages.

This simple process can be added to any scorecard. Under your name on the scorecard list on separate lines the words: (1) fairways, (2) greens, (3) up and downs, (4) sand saves, and (5) putts. On every hole, place a “Y” in the box if you hit the fairway and an “N” in the box if you did not. Leave it blank if the shot did not come into play. Duplicate this procedure for greens, up and downs, and sand saves. For putts, simply record the number of putts per hole.

The details of your round can be further specified with some minor adjustments in your recording. For instance, you can record the degree of your successes and failures by using small and capital letters. A capital “Y” would then represent a near perfect shot. A small “y” would mean that you achieved the objective but it was not a great shot (e.g., a drive in the fairway but in a bad position). A capital “N” would then represent a bad miss and a small “n” a slight error (e.g., a shot just off the green). Additionally, you can add the club that you used right next to these letters to gain further insight into your strengths and weaknesses. For example, a capital “ND” would indicate a bad miss with the driver. A small “y7” would point out that you hit the green with your 7-iron but that it was very far from the hole, your target, or just in the fringe. Putts can be further detailed by including the approximate distance. 2³⁰ may represent a two-putt from 30 feet or even more specifically a 2⁴⁵⁻⁵ may indicate that you two-putted from 45 feet and the second was from 5 feet.

To clarify exactly where you are actually losing strokes, circle the shot that directly resulted in the loss of a stroke. If it resulted in the loss of multiple strokes then make circles proportionate to the number of strokes lost. This process can be somewhat subjective. Try to be accurate and honest and you'll start to get a clearer picture of what is really costing you. To avoid confusion and take some of the subjectivity out of the assessment process, let's distinguish how many and which types of shots directly cost strokes.

A tee shot may or may not cost you strokes depending on how well and where you hit it. Needless to say, if you hit it out-of-bounds it will likely cost you two strokes unless you are able to hole out with the remaining strokes left to achieve par. If you pop it up, top it, shank it, or miss it completely then it will likely result in the loss of one stroke unless you are able to hole it with the remaining strokes. If you hit it into a lateral hazard then it will probable cost you a stroke. If you miss the fairway, it may or may not cost you depending on the lie, how far off line it is as well as the quality of the approach shot remaining. If you have a relatively clear line to the green and a descent lie then it shouldn't cost you anything. Do not automatically assume that a missed fairway is what cost you the stroke(s) above par.

The same is true of approach shots into the green. The fact that an approach shot does not hit the green does not necessarily constitute a stroke costing shot. If the approach goes out-of-bounds, into a hazard, is chunked, topped, or shanked then in all likelihood it may. If it goes into a bunker or lies off

the green in some other location then it may or may not be the culprit depending on the pin position, lie and overall difficulty of the next shot.

Whether or not you should allocate the lost stroke to the approach shot or one of the short game strokes is the most subjective part of this process. In general, if the ball is within 15 yards of the pin, you have a descent lie and angle and there are no major obstructions in your line then you should be able to get it up and down the majority of the time. If the ball is outside of that distance or any one of the other factors comes into play then the chances are greatly reduced. If you hit it into a greenside bunker then it depends upon the location of the bunker, the pin position in relation to that bunker and the lie. If it is a front bunker location, in a bunker with a short-sided pin position or you end up with a poor lie then the culprit is the approach shot. If none of these hold true and you do not hit it reasonably close then it may be the bunker shot.

If you three putt at any time then one of those putts cost you a stroke. If your first putt is further than 30 feet, you hit it outside five feet and consequently miss the second then it is the first putt that cost you. If you hit it within five feet and miss the second then it's the second. If the first putt is within 30 feet, you leave it outside of three feet and miss the second then it's the first putt. Any putt within three feet should be made. A sample scorecard and brief explanation are provided on the next few pages to give you a better understanding of what I am describing.

Sample Scorecard

Hole	1	2	3	4	5	6	7	8	9	Out
Par	4	3	4	5	4	4	3	5	4	36
Score	4	4	4	6	6	4	2	6	4	40
Fairways	ND		YD	Y3i Nw	ND	YD		N3w Y3w	YD	4/7
Greens	Y7	n5i	N3i	N9i	y9i	Yw	Y8	n3w	Yw	4/9
Putts	40-4 2	20-1 2	7 1	14-1 2	18-1 2	30-3 2	9 1	10-1 2	8-1 2	16
Up & Down		N	y	N				N		1/4
Sand Save										

Hole	10	11	12	13	14	15	16	17	18	In	Total
Par	4	5	4	3	4	4	4	4	3	35	71
Score	5	5	4	3	4	4	4	5	4	38	78
Fairways	YD	ND Y3i	YD		ND	YD	Y3w	ND		4/7	8/14
Greens	Nw	yw	y9i	N7i	y7i	Y8i	Yw	n9i	N8i	5/9	9/18
Putts	25-5 3	50-2 2	50-4 2	2 1	30-5 2	6-1 2	7-1 2	10-2 2	12-1 2	18	34
Up & Down				Y				N		1/2	2/6
Sand Save									N	0/1	0/1

Although most players would kill for a round like the example used above, there is still room for improvement. Therefore, let's take a closer look at which shots caused the player to lose strokes to see if there is any useful information. On the par 3-2nd hole, this player missed the green but had a very make-able up and down. He made a poor chip to 20 feet and two putted. On the dogleg left par 5-4th hole, the player hit a nice 3 iron off the tee, mis-hit a fairway wood into the light rough, missed the green with a 9 iron but again had a very make-able up and down. Another poor chip to 14 feet resulted in a bogey. On the par 4-5th, the

player hit his tee shot out-of-bounds and had to re-tee, ultimately costing him 2 strokes. On the par 5-8th, a 3 wood off the tee was hit into a lateral hazard. After taking a drop, he hit a nice fairway wood short of the green but it left a very difficult up and down. On the par 4-10th, the player hit a wedge to the fringe of the green and three putted from twenty-five feet. On the par 4-17th, the player again misplayed an easy chip to 10 feet and two putted. And finally, on the par 3-18th he hit a poor bunker shot from an easy lie to 12 feet and two putted.

In this particular round, the player lost three strokes to par from driving errors, not bad considering that two of those strokes were from the one tee shot on the 5th hole and he had 14 total drives. That equates to a cost ratio of 21% (3 strokes divided by 14 attempts). The other five strokes that were lost resulted from some aspect of his short game. He only converted two out of six scramble attempts; however, three out of those six chipping attempts directly resulted in the loss of a stroke. That's a cost ratio of 50%. The remaining two strokes were from a poor medium range putt (1 out of 34 attempts) and bad bunker shot (1 out of 1). Needless to say, the putting statistic is negligible and there is not enough sand save information to make an informative decision.

In assessing this round, the one thing that stands out the most is the poor execution in the short game area, particularly his chipping. If this player were to record similar statistics over the course of a few rounds it would highly suggest that he needs some dedicated practice in this most crucial aspect of the game.

After charting a minimum of three rounds, calculate the cost ratio of the different statistical areas of your game. Divide the total number of strokes lost in each area by the total number of attempts.

Total strokes lost on drives/Total drive attempts= Fairway Cost Ratio

Total strokes lost on approach shots/Total approach attempts= Green Cost Ratio

Total strokes lost on putts/Total putt attempts= Putting Cost Ratio

Total strokes lost on scrambles/Total scramble attempts= Scramble Cost Ratio

Total strokes lost on sand saves/Total sand save attempts= Sand Save Cost Ratio

This process will give you a fair assessment of which areas of the game are most often costing you strokes and suggest a need for further evaluation and some dedicated practice. Although tracking fairways, greens, scrambles and sand save percentages is the most widely utilized method of professional statistics analysis, the cost ratio system is a far more effective technique for accurately assessing your game because theoretically you could hit 0% of fairways, greens, scrambles or sand saves and none of those shots may have actually caused you the loss of strokes.

Now, to give all this information some perspective, take a look at how the average professional scores. Keep in mind that these are the averages of all the players on the respective tours. The top 10 players' statistics are much better.

<u>2003 Final Statistics</u>	<u>PGA</u>	<u>Champions</u>	<u>Nationwide</u>	<u>LPGA</u>
Scoring	71	72	71	73
Driving Accuracy	67%	67%	63%	68%
Greens in Regulation	65%	67%	66%	60%
Putts per Round/Hole	29/1.77	29/1.79	29/1.78	30/1.84
Scrambles (up & downs)	58%	57%	58%	Not Listed
Sand Saves	50%	45%	48%	35%
Bounce Back	20%	18%	20%	Not Listed

<u>2004 Final Statistics</u>	<u>PGA</u>	<u>Champions</u>	<u>Nationwide</u>	<u>LPGA</u>
Scoring	71	71	71	74
Driving Accuracy	65%	70%	64%	68%
Greens in Regulation	65%	66%	66%	63%
Putts per Round/Hole	29/1.77	29/1.80	29/1.79	Not Listed
Scrambles (up & downs)	58%	58%	57%	Not Listed
Sand Saves	49%	45%	47%	50%
Bounce Back	19%	18%	19%	Not Listed

Driving accuracy denotes the percentage of fairways hit and bounce back is the percentage of time that a player responds with a birdie or better immediately after scoring a bogey or worse on the previous hole. Bounce back is the only tour statistic that characterizes a player's mental toughness. I will explain the

importance of that statistic in further detail a little later. I would also like to add that there is not one player on any of the professional tours that averages 31 or more putts per round or lower than 45% in scramble percentage.

Next, let's take a look at how most amateur players stack up from the white tees.

Handicap	4.5	9	18	36
Driving Accuracy (#/%)	10/71%	8/57%	5/35%	0/0%
Greens in regulation (#/%)	10/55%	8/44%	3/17%	0/0%
Putts per round	30	32	35	41
Scrambles (up & downs)	60%	46%	17%	0%
Sand saves	31%	7%	0%	0%

Certainly, it is unrealistic to expect the majority of players to be able to perform at the professional's level. However, they are good benchmarks to measure yourself against as well as it should give you a realistic understanding of what it takes to achieve as a pro. To amplify the statistics even further, keep in mind that professionals play on much longer, narrower and in general, more difficult golf courses than the majority of recreational or avid players.

Summary Points

- **Chart the next 3 to 5 rounds**
- **Calculate the percentage of fairways and greens hit, up and downs, sand saves, number of putts as well as the total number of strokes lost in each of these areas**
- **Perform a cost ratio analysis of each of these areas**

Round Tracker

Round 1	Fairways	Greens	Putts	Scrambles	Sand Saves
Attempted					
Converted					
Percentage					
Strokes					
Cost Ratio					

Round 2	Fairways	Greens	Putts	Scrambles	Sand
Attempted					
Converted					
Percentage					
Strokes					
Cost Ratio					

Round 3	Fairways	Greens	Putts	Scrambles	Sand
Attempted					
Converted					
Percentage					
Strokes					
Cost Ratio					

3 Rd Avg.	Fairways	Greens	Putts	Scrambles	Sand
Tot. Attp.					
Tot. Conv.					
Tot.					
Tot. Lost					
Cost Ratio					

A Note from Dr. Bouchard

*This opening chapter is just a small taste of the complete **Golf Solutions** program. If you liked this chapter then you are going to love the entire book.*

***Golf Solutions** is jam packed with game assessment devises, worksheets, tips, techniques and strategies utilized by the world's best golfers to take their game to the next level. It's a program that will improve any player's game regardless of age, gender and skill level.*

*To get started immediately and obtain the entire Golf Solutions package including the **Golf Solutions, Anatomy of a Golf Pro and Parenting Guidelines** eBooks, the **FREE Telephone Consultation, FREE golf club offer** and the **3 Month Unconditional Money Back Guarantee** then click this link:*

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I wish you success in your golfing pursuits!

Your Golf Consultant,



Lester J. Bouchard, Ph.D., CPC