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The Success Story That Started It All ---

I came upon these new ideas and attitudes largely as a result of my own personal experience. They have helped me to dramatically improve my golf game, reduce stress, and learn how to boost confidence in myself, and I know that they can help others too.

It started when I was a young boy and my parents taught me about **the heart of golf – a can-do attitude, an openness to new ideas, and a true enjoyment of the game.** Over time, however, I was drawn to the lure of physical golf improvement techniques and became a purist for the strictly mechanical approach throughout my college and early adult years. The value of the mental approach took a back seat.

Then, after taking time off of my four decades in competitive golf, I was trying many aids and “fixes” to help improve my game but was not realizing long-lasting success. It was then I re-discovered that the key to curing my golf problems and enjoying lasting success was not in mechanical solutions but was rooted in my mind!

I was inspired to get back to the heart of golf – those ideas and positive attitudes, like can-do, passed on to me by my parents. So, starting with my golf slice I tested some mental golf ideas which I had been ignoring for years. **I started by simply identifying and changing a couple of habitual thought patterns which seemed to be limiting my golf improvement.** Positive results came quickly and changes began to happen in my swing. From there, I extended the practice to changing additional thoughts and attitudes, causing positive effects in all aspects of my game.

I proved to myself that once I addressed the mental aspects, or the “inner golf communication” and self talk going on in my mind, the mechanical adjustments started to flow. I became more receptive and relaxed. New ideas for change came to me. Tips and “outer golf techniques” which did not work before now worked for me. And, I was more confident and able to enjoy the game like I had as a kid!

I was so surprised at the simplicity of the mental-based approach and satisfied with the enduring success that I wanted to spread the word. I realized there are thousands of others like me who have tried various aids and “fixes” yet are still searching for lasting success. **And, many individuals, like myself, are not fully aware of how their inner fears, doubts, and other obstructing attitudes are secretly hindering their physical performance.** I also realized most folks are busy and their preference is for something simple, straightforward, and concise. TheHeartofGolf.com was developed to address these needs with short golf instructional books, positive mental golf mindset tips, and other motivational products.