

# GOLF

FROM POINT A



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## INTRODUCTION

Let's get right to the point. Everyone falls in love with golf the same way. The moment you experience the exhilaration of sending a golf ball soaring into the air, you want to do it again and again and make it go farther each time. As soon as you've holed your first bogey, par, or birdie putt, you want to hear that wonderful kerplunkity, gurgily sound again. Every time you post a new low score, you set your sights on shooting a lower one.

From that first glorious airborne beauty, it's love at first flight. You're hooked on the game, and like every other golfer out there, you want to play better. From beginners to PGA professionals, everyone is always looking to improve something about their stroke or their game, and a big part of the allure of the game is that everyone can. How to improve is the question, and the

## *Golf from Point A*

straightforward *Point A* approach to learning about *you* and what the driving force behind an effortless and effective golf stroke just might be the answer.

Mastering the technique that produces the perfect golf swing isn't the whole game, not by a long shot. The longest hitter doesn't always come out on top. A beautiful swing won't get you around the golf course or your name engraved on a trophy either. Because technique is only a part of making an effective shot, superior skills are wasted on the golfer who can't rely on them. If you're expecting to read detailed studies about how the brain works, the latest technical data about the golf swing, or where your body is supposed to be in any given millisecond of the swing, close the cover and put this book down. You won't find any of that here. What you will find is the Marvelous You and the door to the Marvelous Golfer you can become with *Point A* golf.

*Point A* offers a system that uses simple concepts to produce big results. Help yourself to any one of the ideas in *Point A* thinking, and you'll see how easily a *Point A* point of view can help you play better golf and get more enjoyment out of playing. Because golf is as much an art as it is a science, there's no right or wrong way to do it and no need to fit into any idealized notion of the perfect anything. The game is meant to be played differently by each individual because every shot is as unique as the golfer who creates it.

## *Introduction*

*Point A* is a concept and a process for improving your golf by changing how you think about yourself and the game. It's a starting point, a turning point, and a point of no return all in one. From novice to professional, *Point A* thinking is a system that offers the clarity and direction that's needed to develop a reliable thought process that is the foundation of a strong golf game.

You can think about the past and worry about something that's over and done, but there's nothing you can do to change it. You can think about the future and imagine outcomes that cause you to feel anxious and fearful, but you can't make the future happen. You can't actually do anything at all in the past or the future. You can only physically be where you are now, in the present, and where you are now is *Point A*. Golf is played in the present!

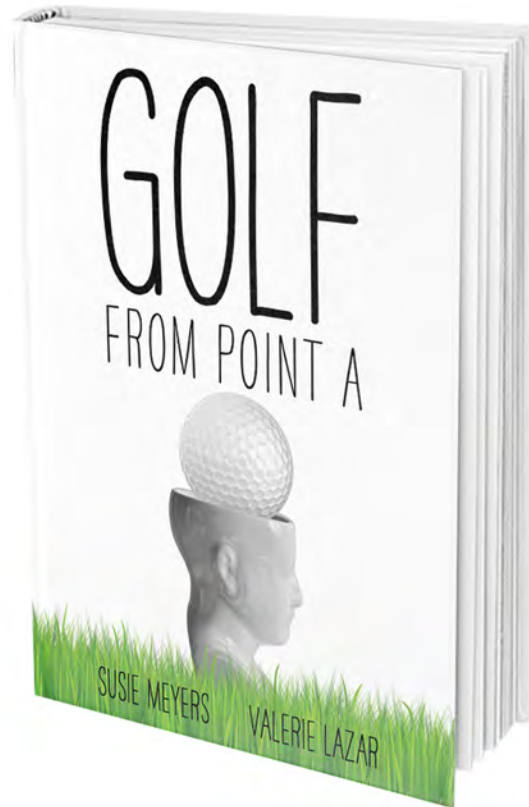
With *Point A* thinking, you turn on your awareness and clear away the distracting clutter in your mind. You free yourself from the burden of *trying* so you can allow the club to swing with freedom. You accept where the ball will land before you make your stroke.

It doesn't matter if it's the first shot of the round, a lob shot floating over a bunker, or your last putt to break a previous low score, every shot is played from *Point A*. *Point A* thinking replaces copious notes and long to-do lists with a solid and reliable format for how to think, what to think, and when to think it. Golf can be as simple as that or as difficult as you want to make it.

## *Golf from Point A*

Whether your dream is to be on top of your game or on the top of a leaderboard, *Point A* shows you how changing your point of view—which is infinitely easier and less time-consuming than changing the mechanics of your golf stroke—can improve everything about your game. *Point A* golf gives you the tools, the plan, and the path to a point of view that positively changes your mind, your stroke, and your game. And that's the point!

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