

Golf is 90% mental. Dr. Rowe combines research-based sport psychology with the new breakthrough technology of EFT to master the 90%. Join the many golfers who are quietly using these new procedures to take their game to the next level.

EFT and Golf: The New Mental Game Manual

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***EFT***  
and  
***Golf***

The New Mental  
Game Manual

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The New Mental  
Game Manual

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[www.EFTandGolf.com](http://www.EFTandGolf.com)

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# **PREFACE**

## **Golf – A Mental Game**

*Your mind determines how you approach the game from practice to how you develop a mindset for facing conditions that demand certain things from your body.*

Arnold Palmer, 94 Tour victories, one of the greatest players in the history of golf.

We tend to think of golf as a physical game. It does require a certain amount of physical ability. The top players are gifted athletes with exceptional physical skills. But the truth is, all movement is controlled by the brain. If a person suffers a spinal cord injury in the neck, all communications from the brain to the body below the neck are severed. The person would no longer be able to move their body.

## EFT and Golf

*When it comes right down to it, golf is the ultimate mind game.*

Johnny Miller, 30 Tour victories, TV golf analyst.

We are not born with the ability to control our body. As babies, we learn how to crawl, walk, eat, talk, run, throw, etc. by trial and error – mostly error. Our baby brain made many, many attempts at moving our body and learned what worked and what didn't work. As an adult, we don't have to think about how to walk, talk, ride a bicycle, or throw a ball. Those processes are entirely automatic, controlled by the subconscious part of our brain. (Subconscious means out of awareness, below consciousness.) If you think of your brain as a biosupercomputer, it has constructed thousands, if not millions, of little computer programs to perform various physical functions.

*The mind has a greater effect on your putting stroke than anything else.*

Greg Norman, 87 tour victories.

If you are on the green and your ball is 2 feet from the cup, your conscious intention is to move the ball from where it lies

## Golf – A Mental Game

to the cup. Your conscious intention is interpreted as an order by your subconscious mind. Your subconscious considers all the variables involved by checking your sensory inputs like vision, gravity detectors to determine vertical (to gauge slope), and weight and balance of the putter. It then selects a “program” to accomplish the task. You address the ball, the program kicks in, and you make the putt.

*What often keeps golfers from using their skills to play to their potential are emotional distractions like fear, doubt, and worry. You'll achieve your scoring goals faster if you can clear your mind of interference.*

*Dr. Joe Parent, author of *Zen Golf: Mastering the Mental Game*.*

But other programs may also be activated and interfere with your conscious intention of sinking the putt. For example, if you missed a 2-foot putt last week in a tournament and lost, you may also activate a program that is labeled, “Don’t miss left like you did last week!” Your faithful subconscious mind says, “No problem,” and you push it right.

Or you’re on the first tee with your boss or an important customer and all you can think about is the shank you hit last week. Your internal chatter says something like, “Whatever you do, don’t shank it!” You don’t shank it. Instead, you hit a big banana hook into the trees!

## EFT and Golf

If you read the golf magazines, you would be inclined to believe that the two examples above could only be fixed with a correction of your stroke. So you go to the range or practice green and hit balls until it gets dark. The next week you face a 2-foot putt again and this time you push it. Or you slice your first tee shot. You think, “It must be my setup or grip.” Back to the range or green. Or you seek a lesson from your local teaching pro.

*Of all sports I do, golf is the one where you have to control your mind the most.*

Lorena Ochoa, #1 in the world in women's golf (2008).

And so goes the story for many golfers. Mis-hit, practice; mis-hit, practice; mis-hit, lesson, mis-hit, new clubs! What's missing from this picture? Clubs don't hit the shot; golfers swinging clubs do. Hands don't hit the shot; the brain commands the hundreds of muscles throughout the body in the precise sequence and with the precise force to hit the shot. It all goes back to the brain. If you want to know why you missed the shot, you must go to the source – the brain.

## Golf – A Mental Game

*The biggest strength of Tiger Woods you can't see. It's his mind.*

Butch Harmon, considered by many to be the top golf teacher in the world.

That's where sport psychology comes in. Sport (or sports) psychology is the study of mental factors that affect performance in sports and helps athletes maximize their performance. Given that the brain controls all movement, you could argue that all sports are 100% mental! One thing I'm sure of; you will get a greater return on your investment of time and money from working on your mental game than any other part of the game.

*I often say, golf is 90 percent mental, and the other 10 percent is mental. How you approach the game is more important than the shots you hit.*

Jim Flick, in the top 10 of *Golf Digest's* Greatest Teachers.

Sport psychology is a relatively new field. It is gaining acceptance more and more as notable athletes have publicly mentioned their work with a sport psychologist. Many touring pros have said they consult with sport psychologists. Even so,

## EFT and Golf

there is a public misperception that psychology has something to do with lying on a couch and talking about your relationship with your mother when you were four years old. Most people can't imagine how that would help their first-tee jitters or their yips. And they would be right. We can thank Sigmund Freud and Hollywood for that misperception.

*I thought working with a psychologist would involve lying down on a couch and having a weird guy ask me a lot of questions.*

Payne Stewart, 23 tour wins including 3 majors.

Sport psychology techniques are largely based on cognitive-behavior therapy. Compared to other psychotherapies, cognitive-behavior therapy has the greatest success rate at treating many disorders found in clinical psychology. It also has great value in stress management, health, relationships, sports, and success coaching. Its theories and techniques lend themselves quite well to maximizing athletic performance. Cognitive-behavior therapy techniques have provided the best procedures available to sport psychologists – until recently.



## Golf – A Mental Game

*Golf is 99 percent in your head.*

Annika Sorenstam, 90 Tour wins, one of the greatest female golfers ever.

There is a new development in psychology called “energy psychology.” Energy psychology is the application of the principles of acupuncture (without needles) to psychological issues. You can think of it as psychological acupressure. The particular version of energy psychology that I present in this book is called Emotional Freedom Techniques – EFT.

*It's better than anything else I've tried.*

MF after taking my golf clinic.

EFT is much more efficient than conventional sport psychology techniques. It is much faster and gentler. It is also simple and easily learned as a self-help tool. You can take it out on the course and use it as needed during a round. My research and the research of others, my clinical and coaching experience, and tens of thousands of cases have convinced me that EFT is the superior tool for collapsing mental blocks and, in time, it will be the main mental tool used in the area of performance enhancement.

## EFT and Golf

*It works! I shot 63 after tapping. I'm putting great.*

PD after taking my golf clinic.

As a self-help tool, EFT is simple, yet powerful enough to handle 80% of issues that hold back your mental game. This book will give you all the instruction you need to begin applying it to your mental game. If you should have more complicated issues, a skilled EFT Performance Coach can assist you in moving past your blocks, even by telephone. EFT has been used mostly in secret in sports for about 10 years. It is time it came out of the closet.

## CHAPTER 2

# Mental Game Problems

Imagine what it would be like to be standing on the 18<sup>th</sup> tee at Carnoustie leading one of the premier golfing events in the world – the Open (British). Not just leading but leading by 3 strokes! All you have to do is make a double-bogey 6 on the finishing par-4 hole. You had made birdie the two previous days; double-bogey or better would be a cinch. A conservative 3-wood off the tee to keep it in the fairway and clear Barry Burn (stream) as it crosses the fairway, then a wedge to lay up short of Barry Burn as it crosses again in front of the green, pitch onto the green, 3-putt, and take home the trophy.

But your name is Jean Van de Velde and it's 1999. You pull out driver instead. Your tee shot goes right, just missing the burn. Fortunately, you have a good lie. All you have to do is lay up in front of the burn guarding the green, pitch onto the green, 3-putt, and take home the Claret Jug.

But your name is Jean Van de Velde. You pull out a 2-iron and go for the green. You want to go out in a blaze of glory; no lay-up for you. Your shot goes right, hits the grandstands and bounces backward about 50 yards across the burn and into deep rough! You take a mighty swing but the rough wins. Your ball lands in Barry Burn. All you have to do now is take a drop, pitch onto the green and one-putt to win.

But your name is Jean Van de Velde. You pull off your shoes and socks and wade out shin deep with wedge in hand to

## EFT and Golf

blast out. The cold water brings you to your senses and you back out and take a drop. All you have to do is pitch to the green and one-putt to win.

You hit it fat and into a greenside bunker. Now you have to hole out your bunker shot to win or one-putt to tie. You blast out to within six feet and make the putt for triple-bogey 7, tied with Justin Leonard and Paul Lawrie.

Now all you have to do is beat Leonard and Lawrie in a four-hole playoff. Lawrie wins the playoff by three shots.

Van de Velde experienced a collapse of his mental game. If he had had the tools and techniques in this book, perhaps today he would be remembered for his upset victory instead of one of the biggest mental collapses in professional golf.

Put yourself in Van de Velde's shoes. Do you get tense and lose your fluid stroke like he did on the 18<sup>th</sup> tee? Imagine what would happen to your game if you had the ability to relax in about 20 seconds under most any circumstance.

*While you're dwelling on your screw-up, another guy is thinking how he's gonna make birdie.*

David Toms, 15 Tour wins, including a PGA Championship.

## 2. Mental Game Problems

When you're in the middle of a round and you mis-hit a ball, such as Van de Velde's wayward tee shot, can you regain control or does that particular negative experience set the tone for the rest of the round? What would happen if you had a technique that would allow you to regain control when you've experienced a negative emotional moment such as a mis-hit? It doesn't have to be a mis-hit by the way. It might just be a bad bounce or a great shot that lands in a divot.

We are all held back or constrained by our comfort zones. Comfort zones are emotional ceilings that operate in most areas of our life. If we exceed our comfort zone in any area, we feel uncomfortable. In the case of golf, if we consistently shoot in the low 90s and we have a round going where it looks like we're going to be in the mid-80s, we are out of our comfort zone. One of the jobs of our subconscious mind is to keep us out of uncomfortable situations, so it will adjust whatever is happening to bring us back into our comfort zone. In the case of having a terrific front nine, much better than your average round, your subconscious mind will force an adjustment on the back nine to bring you right back into your comfort zone. Was Van de Velde out of his comfort zone leading the Open?

Think about the times that has happened to you. Comfort zones are active in all areas of your life – relationships, income, health, etc. We have comfort zones in every facet of our life, and our subconscious mind will work very hard to keep us in that comfort zone so we're not emotionally uncomfortable. What if you had a tool that would allow you to easily expand your comfort zones? What would happen to your golf game? What would happen to your life?

## EFT and Golf

*The secret is not hitting every shot perfect. The secret is getting the most out of the shots you don't hit perfect.*

Ben Hogan, 64 Tour wins, one of the greatest players in the history of golf.

We've all been in pressure situations in our life where we feel like we have to perform. Maybe you had an important presentation to make at work, or maybe you were on the golf course where you had a critical shot. If you made it, you won; if you missed it, you lost. In these situations, people tend to get tense and nervous and when that happens, their swing loses its fluidity. What would happen if you had a quick, potent self-help technique that you could use to calm your nerves in critical situations?

*Performance is a function of ability minus interference.*

Tim Gallwey, author of *The Inner Game of Golf*.

We've all experienced negative emotional memories that haunt us on the course. You step up to hit the ball and you think about the way you hit it yesterday, last week, or last month,

## 2. Mental Game Problems

instead of the way you want to hit it right now. Golfers tend to focus on past negative emotional moments. Let's say you have a hole with water on the left and the last time you played this hole you hooked it into the water. Now you're standing in the tee box, you look out and all you can see is water. All you can think about is hooking the ball into the water the way you did last time. That's a negative emotional memory driving a negative visualization. What would happen to your game if you had a technique that would neutralize these negative emotional memories?

As human beings, we all experience various types of personal problems from time to time. We might, for example, have an argument with a loved one. We might have a problem at work. We might make a mistake and get chewed out by the boss, or we might have a health concern. Perhaps our business is being affected by the economy. People have all sorts of personal problems. Sometimes, instead of focusing on hitting the ball, those personal problems intrude into our thoughts and keep us from focusing on what we're doing at the moment, which is playing golf. What would happen to your game if you had a technique or a tool that allowed you to leave your personal problems in your car in the parking lot so that your mind was free to play golf without the distraction of a personal problem?

## EFT and Golf

*Once sound mechanics are in place,  
it is the mind that divides golfers  
into different groups.*

Dr. Gio Valiante.

If you have played golf for a while, you probably spend a lot of time making sure that your stroke is well grooved. You may be spending time on the range practicing your stroke. You might go to a teaching pro to have checkups periodically. From time to time you might decide to make a change in your stroke. Maybe you've developed a bad habit. You go to your teaching pro and he/she says, "You're bringing the club over the top. You need to start swinging more from the inside." And he/she shows you how to do that and you try it. It feels awkward at first. But you practice and practice under the guidance of your pro and you're finally able to hit properly.

You take your new swing out on the course and everything is working fine until you get into a tense situation where you really need to produce. What happens? You revert back to your old stroke! Old habits come back, especially under pressure. Various teaching pros tell me that it takes anywhere from weeks to months to years to re-groove a stroke. A few years ago Tiger Woods made changes to his stroke and it took quite awhile before he got back to the top of his game. What would happen to your game – assuming you need to groove a new stroke – if you had a tool that allowed you to fairly quickly change the mechanics of your stroke?



## 2. Mental Game Problems

*It takes 10,000 proper repetitions to begin to form a proper habit, and 20,000 to ingrain and own it.*

Dave Pelz, author of *Dave Pelz's Putting Bible* and *Dave Pelz's Short Game Bible*.

As we get older all of us tend to lose flexibility. It's pretty easy to watch people on a practice range and even from a distance tell roughly how old they are just by how flexible they are. The young ones have the club wrapped around their body and their shoulders are twisted almost 180 degrees from their feet on their follow-through. Those of us with a higher mileage body are not anywhere near that flexible and the decrease in flexibility affects our stroke. It affects how smoothly we can swing the club and how much power we generate. What if you had a tool that gave you rapid gains in flexibility? I'm talking minutes, not weeks and months of stretching. What would that do to your golf game?

Along those lines, we all tend to have pain from time to time for various reasons. Perhaps we overdo it or injure ourselves. The older we get, the more pains we have. When we get a pain in our body, our subconscious mind tries to protect us from that pain. The subconscious mind will automatically change the swing to prevent activating the painful area. The result is a change in our swing that can cause all kinds of problems. There are examples of that in the pro ranks. Jim Furyk had an experience like that with his wrist. Ernie Els dropped from being one of the top three golfers in the world

## EFT and Golf

after injuring his knee. Tiger Woods struggled in the U.S. Open after knee surgery.

What would happen to your game if you had a tool that would quickly reduce or eliminate pain on the spot whenever you needed it? Think of it this way; anytime you needed to reach for ibuprofen or acetaminophen, if you had a technique that would accomplish the same thing, except much quicker and safer, what would that do for your game?

The yips is a problem that occurs with easy-to-make shots when nerves take over and the golfer can't make a smooth stroke. The club seems to develop a mind of its own and they end up with a jerky, ugly stroke that results in a mis-hit. The most common type is putting yips, but driving yips, chipping yips, and hazard yips are also common. Once you mis-hit an easy shot, you start to wonder if you'll mis-hit the next time. The anticipation of mis-hitting will tie you in knots the next time you are faced with a similar shot. Instead of focusing on the shot, all you can think about is the similar shot you missed last week. After a couple of these, it spirals out of control and you develop a full-blown case of the yips.

I've seen golfers who just cannot seem to connect with the ball on a simple chip. They have chipping yips. I've seen hazard yips. If the ball is in a hazard, they fall apart. They can't seem to get the club on the ball. Surprisingly, I've seen a lot of driving yips in the last year or so. I'm not sure if that's a change or whether golfers are recognizing that they can have driving yips, especially after Hank Haney (Tiger Woods's coach) went public with his driving yips. Before that, many golfers assumed there was something wrong with their stroke instead of their mental game. A golfer can go to the range and make a full swing with

## 2. Mental Game Problems

no problems. But when they get on the course and tee up the ball, that smooth easy swing deserts them, and they hit horrible, ugly shots. That's driver yips.

What if you had a tool that allowed you to get in and correct the problem that is causing the yips – the actual cause of the yips – in a fairly quick manner? Typically, we're talking four to six weeks. I've had players who knocked out the yips in minutes – gone forever. That's unusual. Don't expect that. But usually in four to six weeks we can take care of the yips.

*Golfers assumed there was something wrong with their stroke instead of their mental game.*

Dr. Jack Eason Rowe

Also, what if you had a tool that allowed you to immunize yourself against the yips so that you would never have to worry about developing the yips? The chances of developing the yips are quite high. The best statistics we've seen from various studies show that 20 - 40 percent of golfers will eventually experience the yips if they play long enough. The older you are, the more likely you are to have the yips. And the better you are, the more likely you are to have the yips.

## EFT and Golf

*The mind is your greatest weapon.  
It's the greatest club in your bag. It's  
also your Achilles' heel.*

Steve Elkington, 16 Tour wins including  
1995 PGA Championship.

So, what is this magical tool that I've been talking about? Is this for real, or is this some kind of marketing hype? Read the next chapter and find out for yourself.

# CHAPTER 20

## Getting the Most Out of EFT

Whether you are a serious golfer or not, EFT offers powerful tools for solving life's problems and achieving your goals. Periodically review this book and apply EFT daily to get the most out of it.

Take the time to learn the EFT shortcuts so you have the tools available when you need them. Review Chapter 4 – EFT Basics, Chapter 5 – Shortcuts and Stealth Tapping, and Chapter 6 – Tapping Tips. After a week or so of practicing, go back and review them again. If you fail to get results from the shortcuts, go back to Chapter 4 – EFT Basics and carefully follow the steps.

### ***Handling Immediate Situations***

Once you learn the EFT shortcuts, you have a tool to handle your reactions to any situation that causes discomfort whether on the golf course or not.

Here are some examples: Your alarm clock malfunctioned (or you malfunctioned when you set it) and you woke up late for work. You feel rushed, panicky, and angry. This could set the tone for your whole day. There might be several things you are feeling or thinking. “Even though my @#\*% alarm clock didn't go off, I deeply and completely accept myself.” Or “Even though I'm feeling rushed, I deeply and completely accept myself.” “Even though I feel like an idiot for not setting the

## EFT and Golf

alarm clock, I deeply and completely accept myself.” Tap a few rounds to get back on an even keel.

You’re driving someplace in a bit of a hurry (you woke up late) and somebody cuts you off. You have to hit your brakes. “Even though this jerk cut me off, I deeply and completely accept myself.” This is a lot safer than a road rage reaction!

You’re trying to meet some deadline and you’re feeling stressed out. “Even though I’m feeling really uptight trying to meet this deadline, I deeply and completely accept myself.”

Something about another person just irritated you. “Even though I’m feeling irritated with [*insert their name*] because he/she [*insert their misdeed*], I deeply and completely accept myself.”

You just cut yourself, scraped your knuckles, or otherwise suffered a minor injury. “Even though I hurt my knuckle, I deeply and completely accept myself.”

You have a minor ache or pain. “Even though I have this headache in [*precisely locate the pain*], I deeply and completely accept myself.” “Even though my lower left back hurts, I deeply and completely accept myself.”

On the golf course, apply EFT any time you feel the least bit upset. Tune in to become aware of what you are feeling. Watch for tension in the muscles, a tightness in the gut, racing heart, sweaty palms, negative thoughts, or loss of focus. For example, if you’re feeling tense on the first tee, tap on, “Even though I’m feeling tense, I deeply and completely accept myself.” Be as specific as possible. If the tension is really about fearing that

## 20. Getting the Most Out of EFT

you'll make a fool of yourself like you did last week when you shanked it, then focus on that. "Even though I'm afraid I'll make a fool of myself again, I deeply and completely accept myself." Watch for any feelings of discomfort for any reason and tap it down. Remember, you can use one of the stealth tapping techniques covered in Chapter 5 if you don't want to openly tap. (I have seen a tour pro openingly tapping on the first tee on camera.) Review Chapters 6, 15, 16, and 17 for additional tips.

Apply an EFT shortcut frequently throughout your day for any physical or emotional discomfort. It only takes 20 seconds to run through one shortcut round when you feel upset. This simple process will keep you from accumulating emotional baggage as you travel through life. You will significantly reduce your overall stress levels if you do this on a regular basis. Besides improving your health, you will be more relaxed in your relationships, in your work, and on the golf course.

### ***EFT for Beginning Golfers***

If you are a beginner, you may feel uncomfortable during lessons or playing with experienced golfers. Here are some suggestions that may apply to your situation.

If you're feeling awkward trying to learn the swing, try this. "Even though this swing feels unnatural, I deeply and completely accept myself." "Even though this instructor must think I'm a klutz, I deeply and completely accept myself." Check Chapter 12 – Changing Swing Mechanics to see if any of those ideas might also apply to you.

## EFT and Golf

If you're feeling out of your league playing with more experienced players, tune in to what you are feeling and tap. "Even though everybody is looking at me when I swing, I deeply and completely accept myself." "Even though I'm holding everyone up, I deeply and completely accept myself." "Even though I can't seem to hit the ball, I deeply and completely accept myself." "Even though I feel like a klutz, I deeply and completely accept myself."

If you're feeling frustrated at your progress, tap on the frustration. "Even though I'm frustrated at my progress, I deeply and completely accept myself." As you progress, go back and review this book to keep up with your increasing skills.

### ***EFT for Aging Golfers***

Here's a topic that's close to home for me. As we age, our bodies change. The changes affect our golf game in several ways. We lose flexibility, strength, and stamina. Length off the tee decreases. Our coordination becomes less precise. We mis-hit more often. Our balance is affected. We stumble more. We are more susceptible to sprains and pains. Our swing changes with the decrease in flexibility and strength.

A number of studies have clearly shown that a lot of the mental and physical infirmities of old age are the result of disuse, not the inevitable consequences of growing old. When it comes to aging, "use it or lose it" is the rule. See the phenomenal success of Gary Player for an example of this principle, page 130.



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What can we do? There are three main areas to focus on. One is diet. Without high-grade fuel to run and repair your body, you will age faster and die younger. It is absolutely necessary to have proper nutrition. This topic is beyond the scope of this book. Consult your local bookstore or dietitian on this topic.

The second area is exercise. Without sufficient movement, our bodies deteriorate at a steady rate. We suffer a loss of strength and flexibility. Neither of these is inevitable. Stretching, strength training, and aerobic training will offset the effects of aging. See Chapter 10 – Physical Factors of the Mental Game for more information.

The third area is emotional health. As we accumulate emotional baggage in the process of living life, it affects our health and personality. EFT is a great tool for cleaning out the emotional baggage and preventing the accumulation of more. Applying EFT to handle immediate situations as they arise will prevent accumulating more emotional baggage. See Handling Immediate Situations at the beginning of this chapter.

For what you have already accumulated, use EFT to clear it out. For ideas on doing that, see Chapter 6 – Tapping Tips, Neutralize Earlier Incidents, page 85. As you work on changing your comfort zones in Chapter 9 – Comfort Zones, page 107, you are also clearing emotional baggage. Also, the program to make yourself yips proof in Chapter 18 – The Yips, page 226, is about clearing emotional baggage. Other more directed programs are available but beyond the scope of this book. See [www.JackEasonRowe.com](http://www.JackEasonRowe.com).

## EFT and Golf

### ***EFT Improvement Program***

To get the most out of your golf game you must work on the 90% portion – the mental game. To see where your mental game is letting you down, take the *Rowe Mental Game Test for Golfers* at [www.EFTandGolf.com](http://www.EFTandGolf.com).

Here is a list of steps from the simplest, least time-consuming to the more complicated. Select a few and apply them. Return to this book and review your program from time to time.

1. As discussed above – Handling Immediate Situations – use EFT to stay more emotionally balanced. Review Chapter 15 – Focus Control to handle on-course distractions. Look at Chapter 16 – Arousal Control to stay more relaxed on the course. Review Chapter 17 – Emotion Control to control the inevitable emotional reactions.
2. Start incorporating course management principles when you play. See Chapter 13 – Strategy and Course Management. You can take these in steps by applying some of the simpler ones such as focusing on a precise target, then adding more as you progress. This is a chapter you will want to review frequently until these principles become second nature.
3. Add a post-round assessment to your program to check your progress and make corrections as necessary. You're going to rehash your round anyway; you might as well make it useful. See Chapter 19 – Post-round Assessment.

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4. Develop your goals for golf so you will have clear motivation without any hidden agendas. Set aside some time to work through the exercises in Chapter 8 – Motivation and Goals. Clear any emotional roadblocks that might cause you to sabotage your goals. You need clear intentions for smooth progress. Add EFT Choices to supercharge your goals. See Chapter 7 – EFT Choices.
5. Give your body an opportunity to perform at its capacity. Start a daily stretching program. See Chapter 10 – Physical Factors of the Mental Game, page 121.
6. Make modifications to your diet as necessary. Consult with a dietitian or get a good book on this topic.
7. Increase your aerobic condition. Get on a regular program that gets your heart rate up for at least 20 minutes several times a week. If you can walk at your course, leave the cart behind. See Chapter 10, Cardiovascular Conditioning, page 128, to erase any mental blocks.
8. You will likely see significant dividends if you begin a strength training program. Please consult a trained professional. Make sure you do a full-body workout, especially the legs and back. This is not about doing curls until your biceps bulge! Notice how much better you feel after a few weeks of training. See Chapter 10, Strength Conditioning, page 130, if you are feeling resistance to working out.

## EFT and Golf

9. Review the chapter on practice, page 137. Start using these principles to get the most out of the time you spend on the range. If you can get the course to yourself, practice on the course also as explained on page 150.
10. Comfort zones are undoubtedly at work in your life. Everyone has them. Review Chapter 9 – Comfort Zones and do the exercises in the section, “What Do We Do About It?” page 112. You can also expand these ideas to cover other areas of your life such as relationships, finances, and health where comfort zones may be operating.
11. If you have the yips or you suspect you do, take the “*Rowe Yips Test*” at [www.YipsCure.com](http://www.YipsCure.com). If you have the yips, go through the treatment program in Chapter 18 – The Yips, “Applying EFT to Cure the Yips,” Page 222. Whether you have the yips or not, go through the program in Chapter 18 to prevent the yips – “Making Yourself Yips Proof,” page 226.
12. If you feel you must make a swing change, see Chapter 12 – Changing Swing Mechanics. Be sure to get proper instruction from a teaching pro before you make a swing change.
13. Clear your emotional baggage in other areas of your life. Handling Immediate Situations at the beginning of this chapter discusses ideas for using EFT throughout the day to remain on an even keel. Spend some time looking for earlier similar incidents when you have time. As you clean up past emotional baggage, your mind/body system will be freer to play better golf. You will also be

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healthier, happier, and your relationships will work better.

### ***The Future of EFT in Sports***

It is my belief that elite athletes of the future will all be using some form of energy psychology to perform at their peak. EFT is the simplest, most researched, and most practiced of the energy psychology procedures. If you have done the exercises up to this point, you now have this new tool for your mental game. Use it frequently. Review this book periodically to make sure you didn't miss any points. If golf is 90% mental, mastering the 90% should give you the quickest and biggest improvements in your game.

### ***An Invitation***

I want to know how you are doing. Please send me an email and let me know. If you have any questions, I'll try to answer them. You can reach me through the book's website, [www.EFTandGolf.com](http://www.EFTandGolf.com). Subscribe to my newsletter to get tapping tips, the latest developments in the field, and a schedule of mental game clinics in your area.

***Happy Tapping.***

Golf is 90% mental. Dr. Rowe combines research-based sport psychology with the new breakthrough technology of EFT to master the 90%. Join the many golfers who are quietly using these new procedures to take their game to the next level.

EFT and Golf: The New Mental Game Manual

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