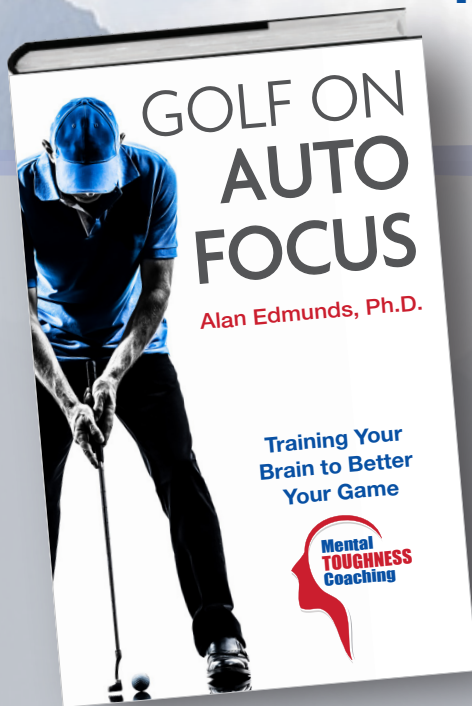


Frustrated by your inconsistent golf game?

Join the club!



If you play golf, you know the exquisite pain of standing in the fairway cringing as a carefully planned shot hurtles into the bushes. We've all lost focus—for a shot, a hole, or an entire round. If we're lucky, that focus is back for our next outing. But what if you didn't need to be lucky to be properly focused? What if your ability to focus was eminently reliable and consistent? With ***Golf on Auto Focus: Training Your Brain to Better Your Game***, that's now within reach for golfers of all abilities.

Golf on Auto Focus: Training Your Brain to Better Your Game

Available now in print and e-book on [Amazon.com](https://www.amazon.com)

What is Auto Focus?

After spending years on the links as a player, club-fitter, caddie, university coach, psychologist, and the father of an elite golfer, Dr. Alan Edmunds remained puzzled by the fact that so many talented and highly skilled players succeeded during some rounds, and completely lost focus in others. He set out to solve the mystery of the inconsistent golf game, and discovered a place in every golfer's swing where doubt and distraction can creep in. The technique he designed and named "Auto Focus" allows golfers to optimize their focus and improve their overall performance. His empirical research with mid-level handicappers, as well as the use of *Auto Focus* by professional golfers and amateurs, has proven that his technique really works.

What's the book about?

Quite simply, *Golf on Auto Focus* is about training your brain to play your best golf, more often. Simple and easy-to-follow, *Golf on Auto Focus* provides golfers with a blueprint for enhancing their pre-shot routine. You will not only learn how to focus appropriately on the right things at the right time, but you will also know how to stop thinking and become intensely focused automatically. *Auto Focus* can help you improve your focus and confidence, and exercise control over your emotions while under pressure—whether you are in a sports arena or a boardroom. While *Golf on Auto Focus* can't deliver miracle cures, by using this technique you will not only improve your confidence and performance, but enjoy your game more, too.

What people are saying...

"a simple, easy to follow text that will become your own roadmap for golfing success... Dr. Alan L. Edmunds has demonstrated scientifically that with persistent and committed practice, anyone can improve their mental and physical game!"

Dr. Robert K. Winters

Author of *Mistake-Free Golf: First Aid for Your Golfing Brain*

*"Dr. Edmunds' Auto Focus approach is a brilliant and easy system to follow that **allows all golfers to realize their true potential**. As a coach, I see so many golfers fall short of their potential due to a lack of focus. Unlike in other golf books, Dr. Edmunds clearly identifies why we lose focus and provides clear and concise steps on how to build a strong mental focus... If you are a recreational golfer or an elite player who wants to get better, this is a must read."*

Gareth Raflewski

PGA Putting & Short Game Coach

Who is Alan Edmunds?-

Dr. Alan L. Edmunds is an educator, writer, and well-respected sports psychologist who works with elite athletes of all ages and sports. Golf isn't Alan's only sport—not by a long shot—but it's still one of his best-loved.

Where can I find the book?

Golf on Auto Focus: Training Your Brain to Better Your is available in hard copy and e-book on [amazon.com](https://www.amazon.com) and its global affiliates, with other e-retailers to follow.





www.mentaltoughnesscoaching.com