

A woman with a braid, wearing a white polo shirt, dark shorts, a white belt, and a white visor, is sitting in a lotus position on a green golf course. Her eyes are closed, and her hands are resting on her knees in a mudra. A golf club lies on the grass to her left. The background shows a line of trees and a cloudy sky.

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MENTAL GAME IN GOLF

By Ian Highfield

Golf Mental Game S

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