

GOLF LEARNING SECRETS

Revealed

How to break free and
start playing your best
golf, reduce your handicap
and have more fun.

A real method of playing
golf that focuses on
success, not potential.

Cameron Strachan

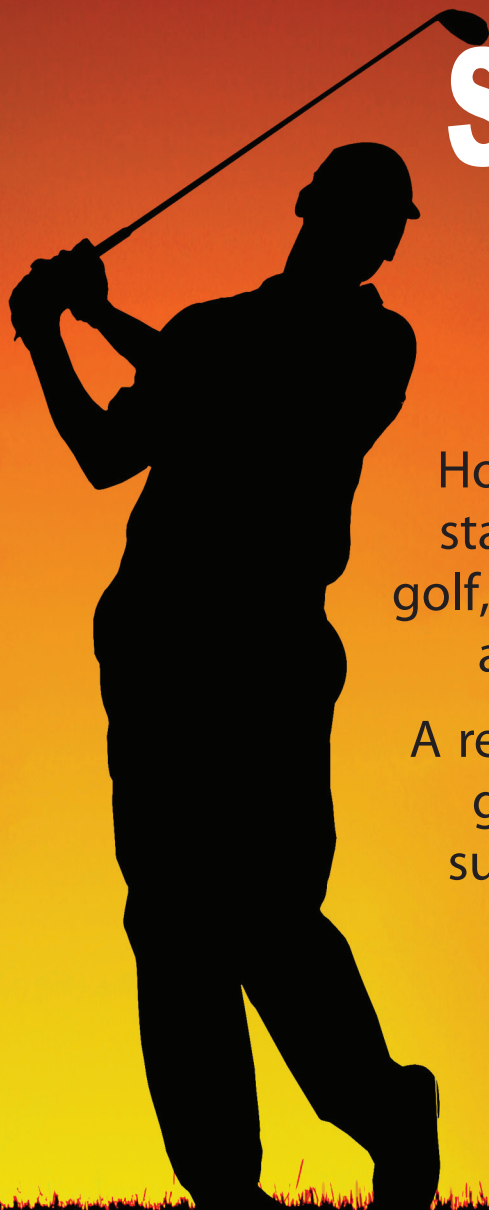


Table of Contents

| | |
|--|-----------|
| <i>Introduction.....</i> | <i>4</i> |
| Chapter 1 – The Golfer’s Nightmare..... | 6 |
| Does your current level of success equal your potential?..... | 7 |
| Have you ever wondered why you can’t play consistently and better than some of your less talented golfing mates?..... | 9 |
| Why has building a successful golf game become so HARD? | 10 |
| The Golf Instruction Merry-Go-Round | 11 |
| Does this sound like you? | 13 |
| Chapter 2 – Why You’re Only One Mental Obstacle Away From The Best Golf of Your Life | 15 |
| A new strategy for bringing your golf game to the course each time you play..... | 17 |
| Which of these interruptions are holding you back? | 22 |
| Chapter 3 – Seven Golden Nuggets To Help You Blast Away Interruptions – Starting Right Now! | 26 |
| Interruption #1: The belief that you can’t make mistakes | 27 |
| Interruption #2: Fighting nature | 29 |
| Interruption #3: Making golf hard | 31 |
| Interruption #4: My golf clubs are wrong..... | 33 |
| Interruption #5: Getting exercise not practice | 35 |
| Interruption #6: Story telling | 37 |
| Interruption #7: Ignoring the ‘scoring game’ | 39 |
| Chapter 4 – Planning an Interruption Free Golf Game | 43 |
| What to do next | 46 |

Preamble

Golf is hard. At least, it is if you follow traditional advice. All of the tips, quick fixes and instruction makes playing good golf all but impossible.

This might sound unbelievable but you can play better golf, starting immediately. And best of all you don't have to get stuck with remembering technical rules, regulations and theories.

In fact, you don't have to change your golf swing at all.

The notion that you can play better golf without changing your golf swing is an interesting one. In fact I believe that statement is not entirely true. If you are to start playing better golf, your golf swing must change. It will change for the better....

... But, you can improve your golf game (i.e. shoot better scores) without consciously working on your swing or adopting the latest swing advice. You can forget about your grip, stance and swing.

I know this sounds like rubbish. That how can it be possible to improve your game without working on your golf swing? After all, isn't everyone working on their golf swing?

Not only is it possible, but this new thinking almost guarantees you'll play better.

Golf has changed

Over the last 50 years (some might say 150 years) golf improvement instruction has been predominately about technique, technique and more technique.

But there has been a problem.

Golf scores have not improved that much and with the advent of modern technology like video cameras and communication vehicles like the internet, there has been an explosion of information.

More information has compounded the problem. Where once golf was difficult it has now become impossible.

Poor golfers have been overloaded. There are too many rules and regulations. Worse still, the advice is often conflicting, confusing and sometimes downright stupid.

The end result?

Golfers end up in a dizzying mess of confusion and frustration. It's not fun and any sort of golfing mastery can seem impossible.

Now don't think I'm about to bamboozle you with mental tricks, meditation or visualization. That stuff doesn't work either. I've tried it all and it can often make a serious problem worse.

There is an easier way.

My advice is both common-sensical and counter-intuitive at the same time.

While it makes sense to work hard, build the perfect golf swing and copy the best players in the world, this is exactly what has been causing you your golfing problems.

Others say that the following advice is too easy, that it's just common sense and it can't possibly work.

This manifesto will unearth this contradiction and provide you with powerful and practical advice.

More than this it will help you unlock the mysteries of the game and help you play better golf more of the time.

Something worth striving for if you ask me.

**Cameron Strachan,
Melbourne, Australia, May, 2010**

Introduction

If you don't have time to read this whole report, here's what it says:

Learning to play better golf is not about changing your swing and finding the latest swing tip or theory. In fact, this chopping and changing is the worse thing you can do.

Instead, you are better off to discover your natural golf swing first and then learn to play with it second. Not only is your own golf swing better than anything you've been searching for – it is actually the path to playing better golf, starting right now.

If you're looking for the secret of golf or some earth shattering idea then you won't find it here; I doubt you'll find it in any golf book. My concepts are profoundly simple, based on natural learning principles, which let you figure out how to play the best golf that you can.

This manifesto will help you understand the proper way to learn golf and put you in back in control of *your* own game. It's definitely not a quick fix or the latest swing theory – but it could be the next best thing.

Questions this report answers:

- ***Why is it stupid to spend so much time trying to change your golf swing?***
- ***Why has traditional golf instruction got it so wrong and makes learning a better golf game so difficult?***
- ***Is the short game really that important?***

- ***I want to hit the ball further – what is a sure fire way to do so?***
- ***What's the single most important asset any golfer can have; and what's the one thing that can destroy it?***
- ***How can any golfer improve their game, no matter what their level?***

The Golfer's Nightmare

“Never playing to your full potential or trying too hard for success that never comes your way”

Dear Golfer,

If I asked you right now “what one key fundamental or thing determines your level of golf success?” What would be your answer?

- **Grip**
- **Stance**
- **Backswing**
- **Downswing**
- **Impact**
- **Entire golf swing**
- **Golf technique**
- **Skill level**
- **Talent**
- **Luck**
- **Ability to practice more**
- **Your commitment**
- **Motivation**

What if I told you it was none of the above?

What if I told you that your swing, talent or golf technique do not determine how well you'll play?

Don't think I've lost the plot. The above traits are important – but all my research and testing has shown that these qualities almost always are **not** the ones holding you back from playing better golf.

Why? Because these qualities merely determine **your potential** for success. They do not guarantee you'll be successful or how successful you'll be.

Some golfers can spend years (like I did) trying to perfect these areas but never reach any level worth talking about. Others can make meager improvements but don't reach anywhere near their full potential.

The main point is that your potential for success and your actual success are two different things. Potential can't hit the ball for you, sink that winning putt or make you win the Club Championships.

Only actual success can do those things.

Ask yourself this....

Does your current level of success equal your potential?

Are the actual results you're achieving equal to your potential? Do you believe that your current level of play and enjoyment are all that you could hope for?

If you can answer yes to those questions then you don't need to keep reading. If you think you're playing to your full potential then I strongly recommend that you put this manual down and go

and play golf. You are in the tiny percentage of golfers that I can't help. Well done and good luck with your projects.

But if you answered NO to those questions then this report will get your game back on track – it could be a golf changing event for you and I urge you to keep reading because its you I had in mind when I wrote it.

I'm hoping that by the time you've finished reading this material you'll be "chomping at the bit" and excited and eager to get outside and start playing golf. I'm going to do my best to show you why you haven't been able to play your best and show you what has been holding you back.

Specifically, I'm going to show you one simple change in how you *think* about playing golf that will transform your current level and give it a boost in the right direction.

This change is probably not like any golf instruction you've heard in the past. In fact it doesn't have anything to do with swing changes, altering your technique or adopting some weird way of playing golf. But I have no doubt whatsoever it'll help you improve your play.

The key step is a change in attitude – no swing tips here, so it requires little physical effort on your part. Many golfers actually have an "ah ah" moment and get "it" in seconds.

You'll be able to eliminate your frustration and allow you to fall in love with golf all over again. And it will bring confidence, consistency and a sense of achievement – all quicker and with less effort that you'd ever think possible.

I know this all sounds too good to be true and you're prob-

ably skeptical. I'm sure you've heard thousands of promises from other coaches and potential gimmick artists. You are also probably aware firsthand that many (most) of these things fail miserably.

But bear with me. Because even if I can deliver a fraction of my promise to you, it will be well worth your time and one of the best investments you can make to your golf game.

The benefits are not a quick fix that will last a round or two. What I'm about to share will last you a lifetime – you'll learn the strategy for playing better golf right away and continuing to improve each time you play. It's not a bad deal if you ask me.

If you're ready to change your golf for the better please read on. Lets go...

Ok ...I have another question for you

Have you ever wondered why you can't play consistently and better than some of your less talented golfing mates?

Has your frustration level reached sky high levels and you've begun to doubt yourself?

Do you get constant internal chatter on the golf course (and maybe away from the course)

Why can't I play better?

What am I doing wrong?

What's wrong with me?

Will I ever improve?

Is the game just too hard for me?

And do you ever wonder why some golfers seem to NEVER have the same problems?

Why has building a successful golf game become so HARD?

Let me be honest with you. If you've ever asked yourself these questions, you are not alone.

I get emails and letters each day from people that have the same problems. Golfers that have had enough and just want answers.

They're confused, frustrated and depressed because they feel they have more ability than their scores and handicaps show.

The harder they try the more complicated the game becomes. Before long, a game that was once challenging and fun becomes tiresome and full of disappointments.

Even more annoying is that while you're busting your gut and getting frustrated, a very small percentage of golfers are able to play consistently, win and beat the socks off you time after time. Worse still, they do this with such ease that it really makes you feel sick.

I'm talking about golfers that don't know as much as you...

Who have what appears to be less skill level and a terrible golf swing...

Who don't work at the game as much (or hard) as you do.

And who really don't want to play golf well as much as you do.

Despite this, these *lucky* golfers are able beat you, have way lower handicaps and can even make the game look ridiculously easy with their casual approach. It might even be that these golf-

ers embarrass you with their “unnatural” ability.

It wasn’t that long ago that I had no idea how to answer golfer’s questions. I didn’t even know how to get my own game back on track.

But over the last few years, I’ve made real breakthroughs, both in my game and those of others. All of the research and hard work has paid off as I’ve discovered the real secrets to the golf improvement cycle.

Because no one is teaching this I started writing about it online in 2007. In that time my golf website has become very popular – and what you’re holding is essentially a hand-held summary of my website.

But there’s more. Let’s take a good look at the impact that **not** realising your full potential is having on your game right now.

The Golf Instruction Merry-Go-Round

Most golfers are on what I call the golf instruction merry-go-round. They jump from tip to tip in the hope that it will be the instant cure to their golfing problem. Unfortunately these tips don’t work for long so you continually need to find new fixes.

This stems from the belief that improvement can be instantaneous. This “quick fix” mindset comes from modern day society’s belief that we can have everything now.

But it doesn’t work.

Have you been trying to fix your swing with golf tips?

Has it worked for you up to this point? The chances are that it hasn’t and it’s unlikely to work into the future. But most golfers

keep searching and remain stuck on the merry-go-round with no apparent way off it.

It's impossible to play your best golf when you're on the merry-go-round. There's just no way that your system can deal with the abundance of different information. You can't cope and you get a mixed bag of results each time you play.

Like good golf one day and a horrible score the next. Not only is this frustrating and confusing – but you have no solid system or method to rely on. You're forced to come up with a new strategy (swing thought, tip or theory) each time you play.

This becomes tiring and ultimately exhausting. You miss out on the true enjoyment that's on offer, and waste years searching for miracle cures and relying on false hope. Experience tells me that you just want to play well and enjoy the process. Unfortunately this rarely happens – and you probably spend most of your golfing days feeling nervous, pressured, embarrassed and worried that you're not playing better.

But playing like this becomes so normal for you that you don't think there's any other way.

Don't believe me? Try asking yourself this question:

When was the last time you had a truly memorable round?

Sadly, most golfers I speak to can't answer this. They pick their brains but can't remember a round that's worth remarking on.

On the other side of the coin, the same golfers can recall many bad rounds of golf. They can remember all of the nasty stuff including the embarrassing shots, the angry emotions and feeling pathetic.

This is horrible and needs to be put to a stop.

If any of this sounds familiar to you, let this be your warning: You're on a path towards a disastrous golf career – towards utter frustration and quite possibly a lifetime of under achieving.

Does this sound like you?

Deep down you probably know that this is not ideal. You know that your golf game is not going anywhere and if you don't do something about it you'll be stuck in a golfing rut forever.

Still, you keep plugging away with the same mindset, attitude and belief – despite no real proof that it's going to be successful. And where does this leave you?

This is the saddest thing but you'll wake up one day and realise you've missed out. You've let golf get the better of you and missed out on a lifetime of fun, enjoyment and satisfaction pass you by. By the time you realise this it's too late.

Here's a big clue that you need to take different action: Despite constant corrections, new clubs and lessons you never feel you're improving. You don't get better and you are starting to dislike the game.

The end result is a kind of “golf resentment” and you know when you're a victim when you...

- ***Rarely have an enjoyable golf game***
- ***Start to dislike the game***
- ***Get frustrated after one poor shot***
- ***Look forward to finishing and getting off the course***
- ***Start making excuses before you even play***

- ***Feel embarrassed about your behaviour***
- ***Throw clubs unnecessarily***
- ***Practice for the sake of it***
- ***Use the word “hate” with respect to your golf game***
- ***Feel like you have no ability***
- ***Try really hard without any results***
- ***Get mad at your mistakes***
- ***Drive home feeling bad, angry and pathetic***
- ***Threat to quit the game but you always come back for more***
- ***Feel like you’re hopeless with no way of improving***

If five or more of these statements sound like you, then you need to take action: You’re paying too high a price for wanting golfing success.

It might sound a bit blasé, but you need to stop taking your golf so seriously. If you can’t take action and turn your golf around then you’ll end up a golfing victim.

“Golfing resentment” is just the beginning of the unhappy consequences that I see in golfers from around the world.

The great news is all these problems vanish when you make one simple discovery...

(turn the page to find out what it is)

Chapter 2

Why You're Only One Mental Obstacle Away From The Best Golf of Your Life

Only your potential is determined by your talent, knowledge and commitment.

Your actual success is determined by your ability to avoid internal interference and allowing yourself to play golf.

Let me put this another way.

Your golfing success is governed not by how much you know or how high your skill level but on your ability to bring that skill and know-how to the golf course.

Or another.

It doesn't matter how skillful or talented you are, unless you can express it (on the golf course), you're lost at sea with no chance of playing good golf.

And one more.

Your current golf skill and ability is more than good enough for you to play the best golf of your life. All the fumbling about and searching is only holding you back. Learn to unleash your inner talent and there will be no stopping you.

This is a revolutionary concept. The entire golf movement is focused on the wrong thing. Instead of focusing on your golf swing, skill level or technique, you should be focused on minimising interference and therefore increasing your actual success.

Each year golfers spend millions (if not billions) of dollars on lessons, books, DVD's, new clubs and magazines in the hope of building skill level and increasing knowledge.

And every day, millions of golfers, including you, go to the golf course and attempt to put these lessons and concepts into practice.

They think they're doing the right thing: exactly what they need to do to be successful and shoot a good score. In reality all they're doing is what's required to create the potential for success.

But this is where it's wrong.

Potential doesn't equal success.

You're not being shown HOW to put your skill, talent and knowledge to work so it equals potential.

When was the last time you heard a golfer say,

"I want to increase my potential by 25% in the next month"

You don't hear it. But you'll always get these,

"I want to hit the ball further"

"I want to reduce my handicap"

"I want to play better"

"I want to win this week"

"I just want to play better!"

This is golfing success and what this report is all about.

All the quick tips, lessons and just about everything else you've tried in the past has been aimed at improving your potential. Potential is a myth. It doesn't hit the ball for you. What you need is:

A new strategy for bringing your golf game to the course each time you play.

Tell me. Have you ever hit a good shot? Maybe it was on the practice fairway or on the golf course some time. Chances are you've hit plenty of good shots – probably under pressure when you needed them most.

The problem isn't your good shots. I've rarely seen a golfer that hasn't had the potential for better golf. You have the potential – you haven't been shown how to use your potential.

The first step is to stop working on potential. Forget about swing changes and improving your skill level.

My philosophy isn't about building the perfect golf swing – it's about showing you **how** you can achieve golfing success with your current abilities and maximising your potential.

I would put my last dollar on the fact that if you could bring your current A-game to the golf course right now, you would easily be able to reduce your handicap and play golf that's worthwhile. You'd be able to play what I call "remarkable golf".

But you can't.

And it's not because you don't have talent or any skill. You have an abundance of that – highlighted by the fact that you can occasionally hit a long drive, sink good putts and make the infrequent pressure shot.

You can't play good golf because you keep filling your mind and system with too many thoughts, rules and regulations (I call this interference) on how you think you should be playing. Your mindset is all about improving your potential and not on how to play.

Let me use this story to explain...

A NZ golfer I know started playing golf by hitting balls in a rugby paddock. He went back and forth with the objective of hitting the ball between the uprights. After a week or so he was able to successfully clear the goal posts more often than he missed.

What may even seem more remarkable is that thoughts of style, swing, stance, grip and alignment didn't enter his mind. He was focused on achieving a goal – on success.

In fact, he didn't think his achievements were all that special – after all, hitting the ball between the goal posts was what he was trying to do.

It wasn't until he started playing with others that he ran into difficulties. Despite playing better than his friends, they suggested that he change his style and remodel his swing. In what he describes as a “fiasco” he heeded their advice and destroyed his swing completely. Not long after this he lost interest and quit the game for over 15 years.

This golfer quite naturally found an ideal golf game. He had a clear mind and objective that allowed him to learn a functional golf swing. Golf was fun and he was on a fast learning curve.

But this is not always enough. By disrupting the process and allowing interruptions to get in the way he lost the magic. Despite having all the golfing potential in the world he lost the lot. He was left with nothing.

Potential and skill doesn't guarantee performance. Golf results depend purely on your ability to avoid mental interference. Put another way, golf results depend on getting out of your own way and letting your natural learning system do its job. When you understand this and apply this to your game, you can start to play better golf and maximise your chances of playing remarkably.

Here's another common story that I see regularly:

John has been playing golf for years. He plays most Saturdays and is keen to perform well. Last month, while warming up he struck a purple patch. Each shot felt fantastic and the ball sailed long and true.

This was where the magic stopped. He stepped up to the first tee and tried to replicate his practice fairway form. He became stiff and tight and had a nightmare round.

He allowed internal interference to get in his way. Despite hitting the ball well during practice, he lacked trust to bring that swing to the golf course. John paid the price and rarely experiences good golf when it matters.

Even though it seems like the right thing to do, working on your golf swing or trying to replicate a good swing is not going to allow you to play your best.

You can invest time and energy on trying to improve your potential but experience nothing. Your time is wasted because interference will still hold you back. The real problem is not the swing but in not understanding how you should be performing.

Here's the good bit: When you learn to reduce the interference amazing things start to happen. You relax and your body performs the skill to a higher standard. This is known as automatic or natural learning and is how we perform all day-to-day activities.

When your subconscious performs the skill, your confidence soars, your skill level improves (naturally) and you shoot better scores. The game appears easier and you have a lot more fun.

You'll even hit the golf ball further. Instead of straining and busting your gut for extra distance – the removal of inner interference will unleash your inner power reserve. It's extra power without trying harder or increasing the chance of injury. How does that sound?

And there's another vital point that's missed by most other coaches. Because you're swinging in a way that is natural to YOU you're minimizing strain and stress on your body. Sore shoulders, bad backs and niggling wrist pain will be minimised or even eliminated.

The main point is, that once you learn to remove interference, everything falls into place. When once your talent, skill and application yielded disappointing results – they suddenly begin giving you the results you've always dreamed of.

The moral of the story: If you've been playing golf for any length of time your skill level and talent is good enough. Trying to improve your skill level is fine; but if you can't perform that skill without interference, then your efforts will never pay off.

Look at it this way. Your skill level **is not** the most important part of your golf game. It's only a small part. You can only be as good as your weakest link, and if that link happens to be your ability to actually play golf, all the skill and talent is not going to help you.

So you need to remove the interference that is holding you back. Do that and your natural talent, potential and skill level will gel together, giving you the kind of performances you know you're capable of.

Sounds obvious, right? Not at all! Think about this for a second. When was the last time you made an effort to work on a part of your game that wasn't related to your golf swing, skill level or building potential?

I'm going to bet that you never have.

And it's not just you. I'm guilty of letting distractions and interference affect my performance. Despite enjoying successful years on the golf course, I recently let self-doubt and distractions get in my way during an important round

After a few bad shots my mind wandered. I started to think my swing was off and it needed fixing. Try as I might the round slipped away. I lost a match I should have won easily.

The point is there was nothing wrong with my golf swing. The distractions of my mind led to self-doubt and fear setting in. I forgot to play golf and paid the penalty. There was no need to try and fix my swing or give it any thought.

I let internal interference affect my performance.

But I learn quickly these days. In the next game I played free from fear and interference and followed my worst round of the year with one of the best; a 5 under 67.

Normality had been restored.

My real issue was believing there was an error in my swing. As soon as I stopped controlling (and removed the interference) I was able to play with confidence and success.

Which of these interruptions are holding you back?

To play great golf you need a lot of things to go your way. The game is *scientifically* quite difficult – it's so complicated that it is impossible to control every part of your golf swing. You only need to be a little out and the ball will miss its target by a long way.

The good news is your natural learning system is perfectly capable of performing a golf swing. Compared to many other things we do day to day, the golf swing is actually quite easy.

Mental interruptions are the learning system's short circuit. By getting in the way you destroy any chance of letting your system do what it does best.

If you don't know which interruptions are holding you back then the game really does become impossible. Here are three interruptions that you may need to deal with if you want to improve your play.

Self-doubt

Self-doubt is horrible. It kills confidence and enthusiasm and makes the game harder than it needs to be.

A golfer that doubts himself will make poor decisions and never fully express himself. His game will be stuck in second gear and rarely will leave it.

Self-doubt can be difficult to diagnose. Its effects are subtle and can feel quite normal after playing this way for some time. A golfer that doubts himself will;

- ***Get overly nervous***
- ***Make poor decisions***
- ***Will lack conviction in decision making***
- ***Have trouble taking his game from the practice tee to the first tee***
- ***Will play worse under pressure, not better***
- ***Will make too many mistakes – sometimes in quick succession***
- ***Think golf is difficult and hard work***
- ***Make excuses***

Self-doubt is a sure game wrecker and needs to be hit on the head early. The best golf game can be ruined and stifled by a dose of self-doubt. Self-doubt is not as bad as fear, but it often leads down this path if it isn't addressed.

Noise

Noise can come in two ways. You can be distracted by internal or external noise. Although external noise can be distracting (like someone talking) it's the internal noise that's the big problem.

Continual internal chatter is not a good thing. Whether it's your inner voice (I call him Pesky) telling you how to play (like swing slowly) or making sure you understand how bad you are (after you've just made your third mistake in a row), it has no positive effect on your game.

Pesky distracts you from the job at hand and keeps your mind spinning. The plethora of golf instruction only adds to the noise. Golfers need a way of reducing noise, not adding to it.

A clear mind is a powerful thing. When you understand the clarity and conviction that comes from a "noise free" zone, you'll get better, not worse.

Fear

Fear is the big daddy. It ruins golf and rarely can anyone play decent golf when their mind has been invaded by fear.

I've seen grown men riddled with fear and seen their golf game reduced to nothing more than a distressing hit and hope affair.

Fear is the next progression from self-doubt – similar but only much worse. A golfer playing with fear can only display a fraction of his true potential. Success will be rare and golf becomes some sort of weird obsession that probably does more harm than good.

You know you're playing with fear when you experience some, or all of the following:

- ***Extreme nervousness***
- ***Nausea***
- ***Major anxiety***
- ***The yips***
- ***Complete helplessness***
- ***Find golf exhausting***
- ***Always waiting for a bad shot to happen***
- ***Shaking***
- ***Dreading the opening tee shot – or the last***
- ***Thoughts dominated by golf problems***
- ***Rarely enjoy a game of golf***
- ***Complete loss of power***
- ***Playing on the edge – always a few shots away from losing the plot***

Fear is obviously not good. But it can be beaten and a fun, positive and successful game restored. When you learn to play without fear you'll kick yourself for not doing it sooner. Fear makes it almost impossible to play any form of consistent golf. Get rid of it and you'll never look back.

Chapter 3

Seven Golden Nuggets To Help You Blast Away Interruptions – Starting Right Now!

In the next section we're going to go deeper:

I'm going to give you seven golden nuggets – powerful lessons that I have used to eliminate distractions in my game and those of my clients.

I'll just say that this is an overview. There's not enough room to cover everything that I use to help golfers unlock their potential and remove those hideous distractions.

So this is just the first step – the beginning of some huge breakthroughs in learning, playing better golf and finding a reliable golf game that makes the game worthwhile.

Finally, in the next few pages I'm going to show you how to vaporize these interruptions and plant a seed of success that will ultimately give you the results you know you deserve.

Let's go!

Interruption #1:

The belief that you can't make mistakes

Golden Bullet #1:

Mistakes are OK: Make 'em and move on

This is counter intuitive I know. But making mistakes are part of the learning cycle. If you never made a mistake you wouldn't learn. If you don't learn you won't improve.

We are taught to be careful, plan everything and avoid mistakes at all costs. This thinking may be fine with bridge building or putting a man on the moon, but our golf game isn't so much life and death.

Being afraid to make mistakes leads to a terrible mindset of over planning and playing safely. Golfers that aren't prepared for a bad shot or two play golf with a straitjacket on – they steer the ball and never free up. Here's the biggest problems with a “no mistake” mindset;

- ***Always planning (or practicing)– never playing***
- ***Slow play***
- ***Never confident***

- ***Playing scared or full of fear***
- ***Paralysis by analysis***
- ***Distracted by conflicting advice***
- ***Never sure when to start***
- ***Striving for perfection***
- ***Always learning but never playing***

The bottom line is that it's ok to make a mistake or two. No matter how long you play the game you'll always make a few errors.

The paradox here is that when you can accept a few errors you'll make less of them. When you have the confidence to swing freely you'll hit better shots – not worse ones.

Ultimately the person that is scared to make mistakes is paralysed by fear. They often fail to take action and hope against all hope that a winning golf game will come their way. It doesn't. Make mistakes and move on – don't let a few bad shots stagnate your improvement.

Example: Imagine you hit your first drive of the day straight left and out of bounds. Not a good start to the round but what do you do? You have two options – you can panic and let that one shot destroy your self confidence. Or you can choose to ignore that bad shot and accept it for what it is and move on.

Golfers like the first option. They tighten up. And are too scared to swing the club or go searching for a cure that doesn't exist. The problem is that a tight and over controlling swing becomes the norm. The solution is to accept the bad result, take a deep breath and let your swing fire at the next attempt – let go and let it rip.

Interruption #2:

Fighting nature

Golden Bullet #2:

Learn to trust your natural game

I know this is not going to be popular with everyone but it's essential that you understand your learning limitations. Here's the thing...

... so many golfers waste time and energy to play golf in a way that just doesn't suit them. They work on swing tips and all sorts of advice in an attempt to improve their golf swing.

But it doesn't work. For example, these frustrated golfers try and draw the ball when they should stick with a fade. But they fail miserably because they're not playing **THEIR** game.

If you're ever going to be the best player you can be then you need to find your natural game. Nature has a way of winning the war – if you want to have consistent and long-term success then stop fighting nature. Learn to put your trust in your natural learning system and you'll do fine.

And here's the real kicker. We do so many other skills without thought or a care. But our golf games have us beaten because we

simply don't know how to let go and allow our natural learning system take over.

And here's something even more important. When you understand and experience how to unlock your natural game, swing changes become far simpler. I'll tell you shortly about how you can build your golf game (and swing) naturally and powerfully. You'll also learn how to apply it so you experience success time after time on the golf course.

The most important step you can make right now is to stop fighting your system. Let your natural, powerful and reliable golf swing shine through and I promise you'll experience better golf, starting almost immediately.

Interruption #3:

Making golf hard

Golden Bullet #3:

Learn to see golf has one large happy system

A common approach is to break golf down into many parts; then build your game piece by piece and put it back together again.

Although this is a popular approach, it leads to many problems. The main concern is that your mindset is always on fixing something. Just when you think you've solved one problem – another one, two or three issues come to mind. It's not much fun and doesn't lead to better play.

- ***Thinking about too many swing thoughts***
- ***Trying a different swing or method each time you play***
- ***Searching for the swing tip that will give you instant results***
- ***Breaking the golf swing down into many parts, then having to put it back together again***
- ***Getting stuck and not sure where to go next***
- ***Forgetting that golf is about playing, not fixing***
- ***Missing out on the real enjoyment that's on offer. Golf should be fun but if you're always fixing your swing you miss out.***

Best results are achieved when you think systems: not symptoms.

If you imagine your golf game has one system, including your golf swing, you'll do just fine. The golf swing is just a part of the golf puzzle. Many golfers make the game difficult by focusing solely on the swing.

Example: Have you ever tried to fix your swing? It can be a difficult exercise. Think of the poor golfer that spends years working on one thing after the other. He has no real mission and his mindset is locked on getting something fixed.

Sadly this golfer never enters playing mode. He never lets go and never allows his system to express his full talent.

He misses out on years of fun and success. Sure, he turns up and has a hit – but does he really enjoy his game? I don't think he does.

Interruption #4:

My golf clubs are wrong

Golden Bullet #4:

It's probably not your golf clubs: Change them or move on. Either way stop tinkering

OK – I don't think this will be popular either but here goes...

There's nothing wrong with your golf clubs. They are not the cause of your poor play, never have been and probably never will be.

If you think that your golf clubs are the cause of your issues the solution is easy. Get rid of them. If you're serious about your game you can't afford to be using clubs that you don't feel comfortable with. Chuck 'em.

This step is the last resort. The majority of golf clubs are just fine. My advice is to stop tinkering and learn to use your current clubs. The chances are there's not much wrong with them.

Example: Poor putters have a habit of changing putters after a bad putting round. This is the easy option: blame the putter and move on. The hard thing to do is to admit that you're a bad putter and work out how to fix it. Changing putters is a quick fix – learning to improve your putting is a long-term solution.

Some golfers struggle to hit a driver. Sure, you can persevere, keep changing and still struggle with driving the ball. Or you can accept that driving has got your measure (for the moment) go back to the 3 wood (or something else) and start playing without fear or concern. This might sound like being negative but it could be the most positive step you'll take. You can always come back to the driver later – when your confidence has improved.

I know this is not going to be a popular viewpoint. But if you've been struggling with your game for some time and have changed clubs on numerous occasions, it's unlikely your golf clubs are to blame.

Footnote: Once you learn to find your natural swing and play without internal interference, you can get a benefit from having clubs that are matched to your game. Obviously you can only do this when you can play free from distraction.

Interruption #5:

Getting exercise not practice

Golden Bullet #5:

Learn to maximise practice time

A huge problem is not practicing the correct way. Golfers often get exercise, not improvement.

Wasting time and hitting balls for the sake of it will do you no good. The best advice for practice is to:

Practice like you play – don't play like you practice.

What this means is that you need to simulate play when you practice. If you spend all your practice time working on swing changes and attempting to improve your potential then you're unlikely to get what you're looking for.

But, if you understand the learning process and you spend your time maximising success, you'll improve and get better each time you practice. A benefit of correct practice is your sessions should be short and sharp – this makes them more enjoyable and gives you more time to play golf.

Example: Going to the driving range with a large bucket of

balls and seeing if you can clear the fence at the end of the range. It might be fun but it's hardly going to improve your golf game.

This type of practice is a waste of time. You don't learn anything and you're not preparing yourself for play. Your mind becomes distracted by your ego. How far can I hit the ball? How well can I hit each shot? Is that person watching me?

You need to use practice time to prepare yourself for play. Practice is not an ego building process. Use it wisely and you'll reap rewards.

Interruption #6:

Story telling

Golden Bullet #6:

Learn to deal with reality

Making excuses for any mistakes or outcomes is not a good thing. It's rare that the excuse is the actual cause of the problem – but some other factor that is beyond our understanding.

Story telling is the golf equivalent of making excuses. When you start making up reasons why you hit poor shots then you're "story telling". "I'm swinging too quickly" or "I lifted my head" are two of the most common ones. Golfers have no shortage of stories they can make up to explain the poor shot.

The problem is they are just stories. They're not true and have no positive impact on your game. You'll play better and recover from bad shots if you can accept them for what they are – a bad shot. This is dealing with reality. Dealing with reality can be difficult for some golfers. The idea of a good story lessens the emotional impact of a bad shot a little. It's like, "I've hit a bad shot here, but I know the reason why and that makes it ok".

Example: Many golfers do this and it's a bad habit to get into. If you've been story telling for a while now, you probably don't know that you do it.

I know a golfer that has a story for every shot he hits. The sec-

and he plays a poor shot he'll shout, "Too quick, that one was too quick". When he finally play a good one he'll remark, "Worked it out. That's better, I swung slower that time and took my time".

This goes on for hours. It actually gets boring and he's hard work to play with. Sometimes he wants to get into in depth discussions about his swing and give me a hundred reasons why he can't play better.

Sadly he hasn't improved in years, he still tells stories and I don't think it's likely to improve anytime soon. Sad but true.

Story telling distracts us from reality. We tell ourselves little lies about what happened. It makes us feel better but the long term results are not good. Dealing with reality is the quickest way to accept what happens and then move on.

Until you can accept reality you'll struggle with improvement.

Interruption #7:

Ignoring the ‘scoring game’

Golden Bullet #7:

Embracing the magic of the short game

I know you’ve heard the short game is important – but do you really understand HOW important it is?

Until you can really appreciate how important chipping, bunker play and pitching are, you can’t play your best golf.

How important is it?

I believe it’s more vital than putting and in some instances even the long game.

Over the last few years I’ve seen a lot of clients. They range in handicaps from pro level right up to a 45. In that time I have not found a single golfer whose ball striking lets them down.

In other words, every golfer has had ball striking skills that were better than their handicap suggested. (my opinion, not theirs by the way)

With the exception of a few golfers who had the yips, the putting was a similar story. For the most part my clients could sink the short putts and hit the longer putts close enough to the hole to get the next one in.

But chipping. Oh boy! I believe there is an epidemic of poor chippers out there. I have been astounded with the lack of chipping ability of most golfers. It's horrible and causing so much pain that I thought about writing a book just on chipping.

I understand that it's boring and not as much fun as hitting long drives. But it's important. The first step is to get a lesson on how important it really is.

Try this example: You must do this exercise. Reading and thinking about this is not enough. You must get to the golf course and perform this to appreciate how many strokes your chipping is costing you each game.

Find the best player in your club. I'm sure the golf professional will take part – especially if you offer to buy him a beer afterwards.

Starting on the practice putting green, play a nine-hole competition. Play match play if you like but you can try a stroke round if you're feeling lucky.

If my theory is correct I think you'll find yourself keeping up with the better player. You may even beat him.

I'd be willing to bet that you will be competitive on the putting green. Unless something drastic happens you'll be within a shot or two. I've done this many times, and even my girlfriend, who rarely plays golf can be competitive on the green.

The fact is that most of us are fairly good putters – we two putt most of the time. It's unlikely that anyone will have more than one or two one-putts, so you'll be within a couple of strokes, no matter who you're playing against.

Once you've completed the putting, move to the chipping green. Play a nine-hole match and make sure you continue until the ball gets into the hole. The chipping contest will highlight a few problems.

I'm going to put my head on the line and suggest the pro will beat the pants off you. If he doesn't win then he probably doesn't play for a living. It's not uncommon for a good player to have 10 or less shots over a nine-hole period.

Last time I did this the putting match finished square. The chipping match was so one sided that my opponent refused to finish. He learned a valuable lesson and was so embarrassed he walked off – lesson learned and keen to improve his chipping.

Maybe your chipping is fine and you do well. You should then move to bunkers, or pitch shots or lob shots over a hazard. You'll eventually find a spot where you leak shots like a sieve. Once you find this spot you can do two things;

- 1. Avoid these shots with clever course strategy. It's not always possible but you can do your best; like playing away from deep bunkers located near the hole location or putting from off the green until you develop your chipping.***
- 2. Develop a new shot that can accommodate that location. E.g. a high lob shot over a deep bunker. Usually a little practice is all that's needed – but the first step is to understand what is causing you grief.***

By ignoring the importance of the short game is neglecting the guts of the game. You're letting ego and pride get in the way and deluding yourself that the game revolves around pure ball striking. It doesn't.

Golf is a system – don't neglect the short game. Give it equal attention.

Chapter 4

Planning an Interruption Free Golf Game

The first step to a better golf game is to change your mindset. It's no good to keep playing the way you've always played. That's not going to work. You'll just keep getting the same results.

You need to change.

Golfers don't like change. Change feels uncomfortable and a bit messy. With that in mind I make the following point;

This is not for everyone.

If you want to keep searching for quick fixes and the next “secret” then good luck to you. The Internet world is your best friend and can provide you with thousands of lessons and advice and mostly free.

There are enough tips to keep you going for years – you'll never run out of new ideas and things to try. I don't believe you'll improve this way, but good luck to you if you can't resist the temptation of the instant fix.

But if you've come this far then you're probably one of the few that has had enough with outdated “potential” based coaching. You're ready to step forward and do something that will unearth your real golfing success.

My ideas are based on the belief that we do so many things each day with no thought about how. Once we trust the learning process we're able to master skills, and then perform them well for the rest of our lives.

When we disturb the golf learning process with interruptions,

we make playing good golf impossible. We go around in circles, and make something very natural more difficult than it needs to be.

There is a huge void between how we play golf and how we perform tasks such as driving a car, catching a ball and riding a bike. I hope to narrow that void for you.

The road to golfing success is fairly easy. It follows these simple steps:

- 1. Build a golf swing:** *You don't have to worry about this step. If you've been playing golf for more than a year or so you already have one. You can move onto step two.*
- 2. Unlock your natural swing:** *Not so easy because you've been suppressing your swing by bombarding it with too many swing theories, ideas and tips. Interruptions if you like.*
- 3. Automate that swing:** *Again, not so easy. When you have played well in the past you've probably accidentally stumbled onto this. But it was a fluke. Automation is like the 15th club in your bag and it allows you to....*
- 4. ... Play golf:** *This is the fun part. Missed and avoided by most, playing golf is when you can let your success match your potential. Playing golf is free from interruptions. Better still it's free from self-doubt and fear. You can express yourself naturally and play remarkable golf.*

Important point: When you follow the above steps you're then in the ideal position to make any necessary changes to your technique if you see fit. You'll know exactly what to work on and won't get stuck on the golf improvement merry-go-round.

These steps form the backbone of my theories and point you on a path of mastery. I'm not going to delude you into thinking

you'll play golf to a scratch handicap or you'll soon be walking the fairways on the PGA Tour.

I like dealing with reality. And making false promises and talking BS is not my thing.

What I passionately believe is that an interruption free approach will make you a better player. At first you may not see an improvement in your score or handicap - but you may find golf easier and more enjoyable.

The more you can free yourself of internal distractions and interruptions the better you'll play. You'll maximise your chances of shooting good scores and be free of the golf instruction merry-go-round. Then, and only then, will you be ready to make huge steps and start making significant progress with your game.

This advice is a great start to improving your game. Feel free to use it straight away and see if it helps you get what you're looking for.

If you'd like a deeper explanation and take the 'bull by the horns' then I'm here for you. In the next section I'll show you how to eradicate interruptions from your game and set you on a chain reaction of stellar play.

What to do next

We've covered some ground with this manifesto. Before we take the next step let's take a moment to recap what you've learned today and how to change your attitude toward a success filled golf game.

I started by explaining that your potential, skill and knowledge has little impact on how you actually play golf. Your true suc-

cess is determined by how you apply that knowledge on the golf course each time you play.

With the vast majority of golf instruction aimed at improving your potential – it really is no wonder that you haven't been able to improve your level of play.

Then I unearthed a concept that can help you realise your potential. And that is by eliminating ***internal interruptions*** that take place in your mind. Three of the most common interruptions are self-doubt, internal chatter and fear.

I then showed you the seven most common causes of these distractions and gave you seven golden nuggets on how to fix them.

- 1. Don't be scared to make mistakes**
- 2. Trust your natural learning system**
- 3. Think of golf as a system – not symptoms**
- 4. Stop tinkering with your golf clubs – I'm pretty sure there's nothing wrong with them**
- 5. Practice like you play – don't play like you practice**
- 6. Deal with reality**
- 7. Embrace the magic of the short game**

You can use this information right now and I'm sure you'll see an improvement in your game. Better still, golf should become easier and more enjoyable.

But this report can't give you the full story. There's not enough room and it requires extra commitment on your behalf.

I've touched on the two critical points in this manifesto. These form the basics of my coaching ideas and almost always result in you experiencing golf like you never thought possible. I've given

you just a taste. But they're equally important if you want to play better golf. They are;

How to remove interruptions from your game and allow your natural and instinctive game to shine through

And

How to take your game to the course so you experience success on a consistent basis.

And there's a third, which requires special attention. This step can only be taken if you've mastered the first two. Almost no golf coaching gets the order right. The obsession with golf swing improvement comes first and everything else a distant second. This is probably why you find golf improvement such a difficult exercise.

How to improve your golf swing, naturally and easily

It's not possible to help you see all the success that's possible with these few words. I need to get to know you and see if you have the desire and commitment to come on a journey.

Like I said earlier, it's not for everyone. Many golfers like to go it alone, or stick with the traditional methods of golf instructions. Methods, I might add, that have probably caused you more frustration and grief.

But it's human nature to resist change – not embrace it.

Quite frankly, if you're not prepared to try something new, break the shackles, remove the straitjacket and experience golf like you've never thought possible, I can't help you.

The first step is to start removing the interruptions from your game and start taking this mindset to the golf course. Starting im-

mediately. This is imperative. I can't help you any further if you don't take this step.

The second is to visit the webpage below. Please remember that this page is only for those serious about making a change for the better – for those wanting to leave behind failure and experience success. It seriously isn't for every golfer, especially those looking for a miracle cure or false hope.

www.CameronStrachan.com/success

Why am I being so particular here?

My plan is simple. I want to guide you on a path of discovery, learning and golfing success. It doesn't matter what your current handicap or skill level. That is irrelevant. What's most important is that you're committed, understand the process and prepared to change your attitude. This is important for three reasons.

- 1. I can only get serious results for those that are geared up to make a change in their game. I can't help those reluctant to make change or who are stuck in the past.***
- 2. These steps are my filter to weed out the wacky, lazy and ignorant. It's the only way. I don't have time to work with those not prepared to take a journey.***
- 3. We can then work together, an entire group of like-minded golfers, and help you reach your true golfing success.***

Most importantly, get outside and start playing golf free from the interruptions that have been holding you back. A world of better golf awaits you.

Good golfing,

Cameron Strachan

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