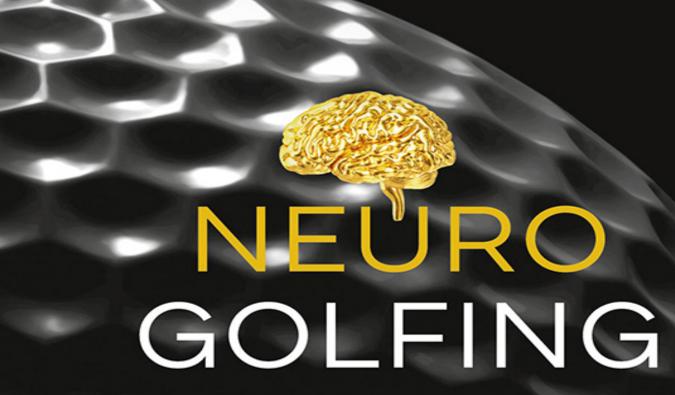
KLAUS REMPE



My Best Mental Golf in 5 Seconds From Frustration to Flow

Thanks for Translation

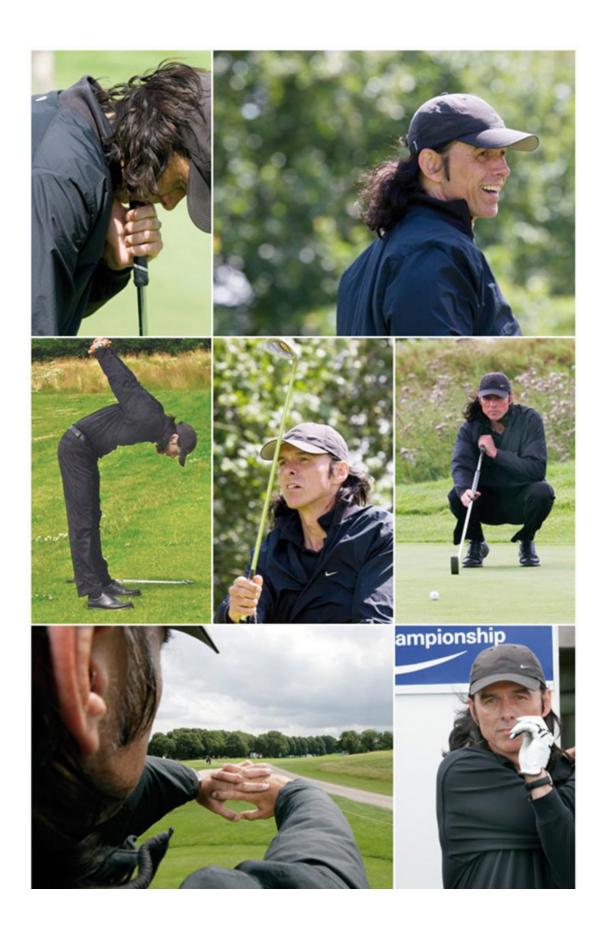
Translated by Aileen Seyfert in August 2022

Dear Aileen,

thank you very much for your brilliant English translation of GOLFEN OHNE KOPF - Mentales Fitting and for your inspiration and motivation for me in the months when I wrote this book.

Yours,

Klaus



Just be co.o.l!



My CO.O.L GOLF-Promise

If you follow these 10 amazing CO.O.L GOLF-mental tips regularly during practice or while playing a tournament you will improve your handicap by 20% within a few weeks, have more fun playing golf and you will be able to control yourself mentally and emotionally when playing golf as well as in your daily life.

Mais Penge



What is this book about?

- You will learn how to develop from being a "golf-brain owner" to a "golf-brain user".
- You will receive immediate mental support for the tricky situations of your golf game.
- You will learn mental secrets from top athletes and golfers for your own use.
- You will learn to control your emotions so that your golf ball flies exactly where you want it to fly.
- You will learn to turn golf frustration into golf enjoyment in the next moment.
- You will learn how to get mentally fit at the push of a button - no matter what challenge your little golf ball poses to you.
- You learn how you can clean your mentalemotional hard drive whenever you need it.
- You will learn the fine art of emotional self-control, both for the game of golf and for your daily life.