

# The Little Book of Golf Secrets

**10 Secret Strategies to a Lower Golf Score**

by Jan Andersen © 2005

Are you tired of shooting the same old golf score? Are you frustrated that you can't seem to improve? Are you ready to enjoy the game at a whole new level and play to the height of your abilities? Find the greatest secrets to golf inside...You won't be able to put it down!

**This book is dedicated to my Father who introduced me to the game,  
My Aunt who encourages me to give back to the World,  
my Mother who is a never ending inspirational force,  
Dr. Francis Codd who always believed there was a book inside of me  
that needed to be written, and to all of my golfing friends who have  
laughed with me and at me over the years.**

# Table of Contents

<b>Introduction</b>	<b>7</b>
Fairway Notes to Self	8
<b>Chapter 1</b>	<b>9</b>
Pre Game Warm Up	9
How to Get in the Right Frame of Mind	9
How to Get Off the 1 <sup>st</sup> Tee Box	9
Proven tips on what works	10
Fairway Notes to Self	11
<b>Chapter 2</b>	<b>12</b>
How to Slay your Dragons	12
What do you say to yourself as your playing	12
What the pros know	12
Make your thoughts and self talk work for you	13
How to see poor shots differently	13
Self talk that the pros use	13
What you say to yourself becomes true	14
How to get out of your own way!	14
Fairway Notes to Self	14
<b>Chapter 3</b>	<b>15</b>
Stop Thinking and Start Playing	15
Are you your own worst Golf Instructor?	15
Why Lessons during a Round are Detrimental to your Game	15
Why Certain Thinking Interferes with your Success	16
The Brain's Role in Golf Explained, in simple terms	16
Paralysis by Analysis	16
What you Need to be Focusing on Every Shot	16
Trust	17
Tunnel Vision	17
Fairway Notes to Self	18
<b>Chapter 4</b>	<b>19</b>
Visualize the Outcome you Want	19
What most Golfers Are Preoccupied With	19
Be the Director of your Mind and Master of your Body	19
Keys to Visualization that Works	19
Exercises	20
Fairway Notes to Self	20
<b>Chapter 5</b>	<b>21</b>
Find Your Rhythm	21
Are you Chopping Wood?	21
Are you Falling Off Balance during your Swing?	21
Why rhythm is important in your golf swing	22

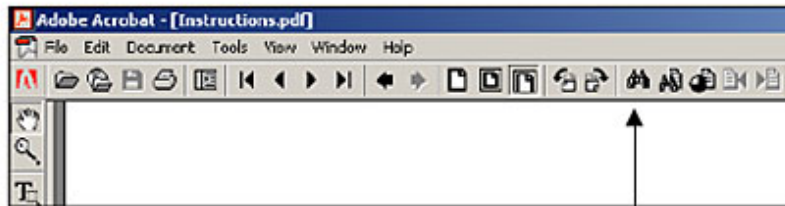
# Table of Contents

<b>Chapter 5 cont'd</b>	
What is your natural rhythm/tempo?	22
How to get back into the groove	22
Winning Exercises to Improve Rhythm	22
Fairway Notes to Self	23
<b>Chapter 6</b>	<b>24</b>
Unwavering Consistency	24
Why most golfers are inconsistent	24
Does one bad shot mean the next will be?	24
The role of trust in your swing and how to achieve it	25
Important Keys to Consistency	26
What are your best rounds like?	26
Find the real reasons you are playing golf	27
Fairway Notes to Self	27
<b>Chapter 7</b>	<b>28</b>
Master the Great Art of Putting	28
Know What to Pay Attention to	28
The Proper Mental visualization for Sinking It	28
The Right Putting Stroke	29
Fairway Notes to Self	29
<b>Chapter 8</b>	<b>30</b>
Pick Your Target AND Hit It	30
How To Practice a Fluid Swing	30
How to Master each of your Golf clubs	30
How to Master Chipping and Putting	31
Fairway Notes to Self	32
<b>Chapter 9</b>	<b>33</b>
How to Score Thrive Under Pressure	33
Signs of pressure	33
How to relax when the heat is on	33
Great tips for relieving tension	33
Adrenaline and how to use it to your benefit	34
Fairway Notes to Self	34
<b>Chapter 10</b>	<b>35</b>
My Grandfather's Golf Clubs	35
How my Grandfather's Golf Clubs can help you score better	35
An endearing message to all golfers	36
How to bring joy back into your game	36
Personal Fulfillment	36
<b>Special Bonus</b>	<b>40</b>
Appendix A	43
Appendix B	44

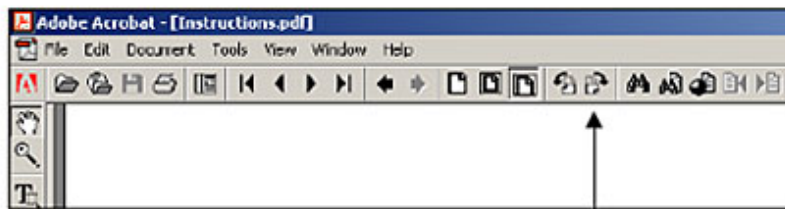
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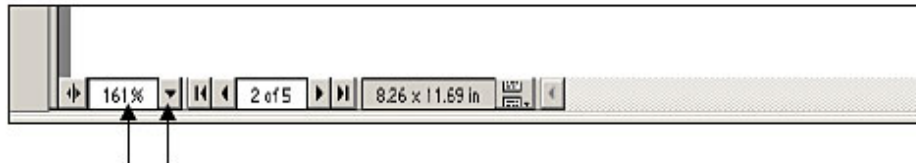
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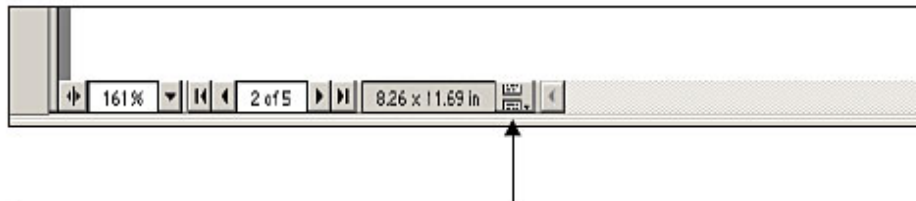
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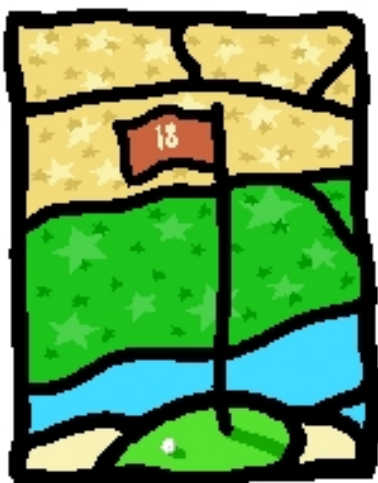


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## Introduction

It has almost been ten years ago to the date that I started playing golf. I had taken a whack or two at a ball when I was no taller than a yardstick and lived in England's countryside, where golf is spoken as a second language. I was also fortunate enough to walk St. Andrews with my father who is a born and bred golf fanatic. So, it is apparent through my geography and my genes, golf is in my blood.

I had never taken an interest in golf as an adult until a road trip to the Charleston area was beckoning me. On Highway 17, there was a run down driving range that seemed to have a hidden Neon sign flashing, "Stop! Come hit some golf balls here!" And so I did. I even rented a few clubs that looked like they had been used for most everything but striking a golf ball. Nonetheless, I felt a sense of happiness to hear those clubs clang together as I gathered my bucket of well beaten golf balls and walked out onto the driving range. I could see my next challenge was finding a tuft of grass. I decided to settle for dirt and used a tee.

One after another, I hit golf balls until my hands and arms ached. The entire bucket of balls was wasted on slices, tops, grounders and the occasional wild hook. But there was *this one shot that was sweet and perfect*. I barely felt the club strike the ball and yet the ball sailed as beautifully through the air as a jet taking off from a runway. Straight, graceful and a pure object of beauty. And more over, there was this magical feeling inside of my body. It was a combination of bliss, joy, magic, freedom, inner peace and perfection. Ladies and gentleman, I was hooked from that point forward! *And I am most certain that you know the feeling of bliss that I am describing. I believe it is this feeling that keeps golfers coming back for more despite bad rounds and mostly poor shots.*

Like a heroin addict, I wanted more from this game of golf. I wanted to hit more of those pure shots and much fewer of the ones that felt like I was striking a softball and not a golf ball. I decided that the first order at hand was to go take a few golf lessons and get a respectable set of clubs. And I did just that. I got a brand new set of King Cobra knockoffs for \$89, six golf lessons for \$240 at yet another run down roadside driving range.

I became what is known as a full blown 'golf addict.' I got up to play a round of golf every morning a 7a.m. and went back for another 9 holes in the evening when I could. I was having the time of my life. I felt more joy than I ever had. And I reached a 3 handicap in six short months from the men's tees; not bad for a 5'6" girl! Other pros said this was unheard of and that I should go for my card and get on tour, perhaps. I thought about it long and hard but that wasn't why I was playing golf. My real joy came in teaching other people how to play the kind of golf that I did. And this is what I want to share with you. How to lower your golf score and enjoy the game at a whole new level.

What I want to share with you are the techniques I used and my learning experiences. Obviously what I practiced worked and I believe it has great possibilities in helping your game as well. You won't find a lot of mechanical instruction in this book. If you are brand new to golf or having serious mechanical problems, I encourage you to read this book and then go find yourself a qualified instructor who will walk you through the basics as described in Ben Hogan's *Five Lessons: The Modern Golf Fundamentals*. Also, make sure you find an instructor who uses and teaches the mental game of golf as key ingredient to your golf performance.

Sit back, relax and be prepared to learn how you can vastly improve your golf game. The pros know these secrets and you should too.



**Fairway Notes to Self:** I would like you to think about why you like to play golf. Is it the challenge? The camaraderie? Is it to win? Being outdoors and enjoying the scenery? Mastering the sport? Fun and exercise? It is important for you to remember why you love golf. Most people don't love golf because they shot a 72. It is a sport that offers a rich combination of experiences from solitude to fellowship...from joy of mastery to humble defeat...from utter frustration to complete bliss...from rounds forgotten to cherished memories. Why do you love golf?

*"The reason the pro tells you to keep your head down is so you can't see him laughing." Phyllis Diller*

*"I have a tip that can take five strokes off anyone's golf game: it's called an eraser." Arnold Palmer*



## Chapter 1

### Pre Game Warm-up

Think about what you normally do before you start a round of golf with your friends. Are you running your kids across town to soccer practice? Are you still sleepy from the poor night's rest you had? Are you all jazzed up on 6 cups of coffee? Are you nervous as a cat in a room full of rocking chairs because you've been chili dipping the ball? *No doubt you are in some state of mind before you start your round of golf.* And more often than not, I would be willing to bet my Ben Hogan autographed book that it is the wrong frame of mind.

I know you have a busy life. But the key is to get into the right frame of mind before you step onto the first tee box. How do you do this? Well, let me just say that it is not always easy and takes practice to get into the right frame of mind. So don't be frustrated or disappointed in yourself if it takes a little while. Remember this is a game and it is supposed to be fun. Why else would you be out there paying big bucks to hit a little white ball into a tiny tin cup?

The first thing is to find out where your head is at least a half hour before you start your round. Are you feeling mad at your boss, frustrated with the kids? Did you just have a tiff with your spouse or did some crazy person just try to run you off the road? Are you having jitters because you've been topping the ball or are you playing for big bucks with your buddies? *Any and all of these things have an affect on you and your game. The pros know this and you need to as well.*

So, what are some things you can do to get in the right frame of mind? For me, being relaxed, confident and having positive energy flowing through my body is key. You may be a little different. My question to you is how did you feel inside when you played your best round of golf? Think about it and go back to that time and place. All was right with the World for you wasn't it? But what about it was right? What were the feelings you had? Were you relaxed? Were you confident? Were you having fun? Did you trust your golf swing? Were you enjoying your golf partners?

Here are some of the things I noticed about myself when I played my best rounds:

- I felt excited to be playing and what nervousness I might have had was in the background of my mind
- I was happy to be playing a round of golf with my friends and didn't worry that they might laugh at me if I sliced the ball
- I felt a sense of calmness inside that couldn't be shaken
- I felt confident, energized and happy to be out on the golf course amid the tree-lined fairways and beautifully manicured greens.
- I felt worry free and joked with my golfing partners
- I felt the magic of being alive and knew instinctively that I was going to strike the golf ball purely.
- My mind wasn't cluttered with a zillion thoughts; instead there was focus and quietness
- My body felt relaxed, rested and healthy
- For lack of a better word, I was in the Zone

Let's say that you are a nervous wreck with eighteen million thoughts, mostly negative, scurrying around in your head. How do you get from point A, the worry wart to Point B, the focused golfer? Again, if this is your normal state before you play a round of golf, don't expect to change this overnight. It is a process.

First, identify what is the norm for you. Are you usually just rushing from work to go play golf and your mind is somewhere else? Or is it that you have been struggling with your game and fear is almost paralyzing you? Identifying your state of mind before you play golf is key. I don't mean to get all psychological on you but golf is very much a mental game! There is no cure-all golf gizmo or one right way to swing a club. Even if there was, your mind would interfere.

If you are having trouble identifying what you are feeling or how you are being before a round of golf, then your first step is to pay attention to yourself. It can be a hard thing to do. Sometimes we get so busy in our daily lives that there just doesn't seem to be time to stop and look at ourselves. One way to find out what your feeling or thinking is to be quiet for 5 minutes. Listen and learn.

I noticed that for myself when I am tired, nervous or rushed I generally tend to play a poor round of golf. I have arrived at a point in my game where I can usually shake those feelings or state of mind before the round begins. And you will learn to do this too with some practice. The one I still feel challenged by is when I feel out of sync, or out of rhythm. It's like some uncoordinated teenager has possessed my body and wreaks havoc with my game. Those are the rounds where I just do my very best to stay centered and play a safe game. I know I won't break any records but I also know that I won't spend the day in the woods hunting for my golf ball!

Here are some ideas on how to get into a different state of mind:

- Listen to your favorite music
- Pay attention to your golf partners
- Do something nice for someone else
- Sing or Hum a tune
- Visualize your best round of golf
- Think about your best memories in life
- Talk with a good friend
- Tell jokes
- Laugh
- Meditate
- Visualize mastering the challenging holes
- Walk the course and notice your beautiful surroundings
- Think about the times you felt most confident

So how do you get from one state, let's say rushed, to a more relaxed calm state? I have had times when I have been running 90mph before a game of golf and my mind is keeping pace with my body. I know that if I keep that pace, my golf game will suffer. I use whatever trick seems to work at that moment. Taking deep breaths is always a good start. Swinging my club between my finger tips at a slow easy pace can be calming and creates tempo. Looking at the beauty of the golf course can be relaxing and uplifting, especially if I was caught in a traffic jam. You will have to practice what works for you. The one thing that always gets me in the zone is to replay one of my best rounds in my mind along with the feelings I had. I can't help but smile and feel good.

### **Fairway Notes to Self:**

Here is a great quote from Sam Snead.



*"Few people realize that even the greatest of athletes have moments when they can feel the tension building up within themselves. The only difference between the great athletes and the duffer in relation to this phase of athletics is that the great athlete can recognize the signs of tension and takes steps to correct them, because experience has taught him how to control this build up within himself"*

When do you perform best in any life situation?

How do you do when you're having fun vs. when you feel pressured?

When you have played good rounds were you relaxed or tense?

Do you try new things or are you trying to be perfect at an imperfect game?

*"Golf is like a love affair. If you don't take it seriously, it's no fun; if you do take it seriously, it breaks your heart."* Arthur Daley

*"Mulligan: invented by an Irishman who wanted to hit one more twenty yard grounder."* Jim Bishop



## Chapter 2

### How to Slay Your Dragons!

As a fun experiment, I want you to play a round of golf and pay attention to what you say to yourself throughout the game and listen to what your partners say out loud to themselves. I guarantee that you will be amazed and astounded. I was. You will think that according to the thoughts you and your partners are having that you are the worst players on the Planet.

You will hear golfers say things like this to themselves:

"I can't hit the ball worth a darn"

"I'm going to hit the ball into the lake"

"I hate bunkers...it's like a magnet for my ball"

"I'm an idiot"

"I can't play golf "

"I ought to retire my clubs and take up bowling"

"I can't putt on sloped greens"

"I'm terrible at this game"

"I can't lob the ball"

"I always hit my driver into the woods"

"I shank the ball with my 9 iron"

"Why don't I just give up this game?"

**These are little demon thoughts that are controlling you and how well you play golf.** You need to slay those dragons and quick! *What happens is that by saying these thoughts to yourself in silence or out loud, you just end up confirming them with a bad shot or round of golf.* Do you think Davis Love, Phil Nicholson or Michelle Wie talk like this to themselves? No way. They'd never win a tournament or have even made it on Tour. Why should you be any different? *The game of golf is challenging enough without you being your own worst enemy!*

Put your thoughts on where you want your golf ball to land and if you are going to say something, make it positive. It is true that the pros make horrendous shots just like you and I but the difference is that they recover by the next shot. They don't spend the next 100 yards walking and beating themselves up for a bad shot. No, many blame it on something outside of themselves. They view their bad shot as a freak

accident that was caused by a poor lie or an out-of-round golf ball. They trust their game and move on. They get out of their heads and play golf.

Think about things you do in your daily life that you do well. How did you learn to do the things you do well? *Practice. Positive reinforcement. And repeated successes.* You probably were having fun and were relaxed. Why should a game of golf be any different? If you only get to play once every two weeks, why on Earth would you expect to play well? I didn't say you couldn't have fun or shoot a respectable round but honestly, why would you expect to shoot in the low 80's or even 70's? Why do you put so much pressure on yourself? Another gentle reminder that golf is just a game.

But you may have the thought that golf is hard and so each round is difficult for you. You may think you play terrible and I promise you that you will meet your own expectations. It is how your brain works. You may think that every lake on every golf course around the World has your name written on it and I would bet that you will launch your ball into every lake only because you believe it is true. *Your thoughts have tremendous power over you, my friend.* Either you get a grip on them or they will control you.

Be nicer to yourself. Is it really your intention to go spend \$100 on a round of golf and spend precious time telling yourself what an awful, awful golfer you are? Of course not! You want to hit that pure shot and feel the joy spread from your toes to your head. Every time I see a golfer hit a pure shot, they light up like a Christmas tree. My goal is to help you feel that feeling more often than you could ever imagine. And it is very possible for you!

So start paying attention to your thoughts. Again, if you have been beating yourself up for along time, it will take awhile to break this destructive habit. You may even slip and call yourself an idiot. But quickly knock that thought out and replace it with a positive one. One of my little tricks is that I tell my negative thoughts to get lost. I literally push them out of my mind because I know the second I feed into them, my game goes out the window.

Here are things you can and should be saying to yourself:

"I hit the ball straight and keep it in the fairway"  
"Golf is fun and I enjoy being with my friends"  
"I am getting better at golf with each round"  
"I love the feeling of a pure shot"  
"I feel confident, happy and alive"  
"I am centered and calm"  
"I can make this shot...I see it landing right where I want it to"  
"My friends tease me because they love me"  
"My swing is easy and fluid"  
"My rhythm is good today. Good things will happen"  
"That's unusual the ball went into the woods. My driver must be crooked"  
"Playing golf is like taking a walk in the most beautiful park in the World"  
"I am lucky to be out here in the fresh air and not at home doing chores"  
"I love bunker shots, they challenge my abilities and make me feel like I've spent a little time at the beach"  
"If I don't laugh at myself first everyone else will. It's just a game"

So do you think this is a bunch of baloney? Well, let me ask you this. Let's imagine that everyday you went to work, you told yourself and your boss what an idiot you were and that you just weren't competent at your job. What do you think would happen? What if your kids walked around all day at school telling themselves they were losers and couldn't do anything right, what do you think would happen to them? Your thoughts are very powerful. ***What you say to yourself becomes true.***

***You know you have great golf shots within you. You have experienced it. Your goal is to get out of your own way and let them happen.*** There are no two swings alike and yet there are some great golfers on tour. Look at Jim Furyk or Lee Trevino's swing. They are vastly different, not what would be deemed as a perfect golf swing and yet both are on Tour. So is it just talent that matters? I think not. And you do have talent inside of you. You just need to discover it and let it flow. I can't promise you that you will always shoot a 72 and have a perfect game of golf each round but I can help you hit more pure shots. Inside of you is your own perfect swing.



**Fairway Notes to Self:** Kids. They can be our greatest teachers of all. Go watch some young kids between the ages of 5 and 10 hit a golf ball. Watch what they do. They try all kinds of swings and see what happens. They laugh at themselves when they slice or hook it. They point out to their buddies how wildly bad their shot was.

They try different things with different clubs. They are excited to hit the next ball no matter what the previous shot was like. They don't take themselves too seriously. They have fun and play. And through playing they instinctively learn what makes a good shot happen. They are creative. If they hit the ball into the ruff they aim to hit the next one right on target. Are you still playing golf and having fun?

*"If you pick up a golfer and hold it close to your ear, like a conch shell, and listen- you will hear an alibi."* Fred Beck

*"You know what they say about big hitters...the woods are full of them."* Jimmy Demaret