

# **Download 5 Irons Don't Float Dealing With Anger On The Golf Course**

5 Irons Don't Float is written from a golfer's perspective and looks at the more common elements of anger that severely interfere with the game. If you abuse yourself during play, yell, scream, swear like a trooper, throw clubs or allow emotion to spiral out of control, then how can you possibly play well? He's also played golf for over 40 years as an amateur. He's spent years studying the non-physical aspects of golf and while not a pro golfer or a psychologist, he has interviewed sports doctors and elite sports people about how they choose to think and how they deal with anger. Many of those insights are contained in 5 Irons Don't Float. So, how do you deal with it? 5 Irons Don't Float is written from a golfer's perspective and looks at the more common elements of anger that severely interfere with the game. If you abuse yourself during play, yell, scream, swear like a trooper, throw clubs or allow emotion to spiral out of control, then how can you possibly play well? Dealing With Anger On The Golf Course. With coaching a technique so readily available now a days, most golfers have something that they think about when it comes to improving their swing mechanics. It may be working on a better backswing move or it may be training a better hold or down swing but the majority will certainly have "swing thoughts"...