



*Newsletter January 2006
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*Improve Your Golf Game
Easily & Quickly*



Play “In the Zone” with Joan

HAPPY NEW YEAR!

The beginning of a new year brings the promise of change, the resolution that we can release something old and manifest something new. For me, this change comes in the form of a physical move from The Sunshine State.

I moved to South Florida in 1959, left twice to live in various states in the north, and returned here in 1981. For the past 25 years I have enjoyed playing year-round golf in the sunshine. After much deliberation and consideration I feel led to move my home and business to North Carolina to enjoy the serenity and beauty of the golf courses that are surrounded by the Smoky and Blue Ridge Mountains.

Positive Mental Imagery has been helping golfers attain their peak performances since 1992. It has been my pleasure to work and play with golfers in Florida. As I do with golfers around the world, I will be available for long

distance mental training by phone (828-697-0666) after January 16, 2006. In person mental training and hypnosis sessions will be available in North Carolina.

I thank all of you who have given me the opportunity to accomplish the mission of Positive Mental Imagery. The PMI mission has remained the same since 1992. Together we can accomplish these goals.

- PMI is dedicated to helping golfers develop their mental, emotional and physical potential through accessing the peak abilities that they have seen occasionally and know they have.
- PMI's premise is that golf is a game meant for human enjoyment. Golfers are taught to enhance their natural learning skills of visualization, hearing and feel to gain a greater sense of their physical, mental and emotional bodies.
- PMI coaching includes hypnosis, Neuro-Linguistic Programming, and other mental rapid change modalities to reprogram self-sabotaging limiting thoughts and emotions into self-empowering successful beliefs.
- PMI mental techniques enable golfers to play golf effortlessly, free from distractions, trusting their swings, confident, with improved focus and concentration, and enjoying the game much more!
- PMI workshops, lectures, and CDs are geared for empowering mental, emotional, and spiritual attributes to realize inner power in life as well as peak potential on the golf course.

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success." -- Norman Vincent Peale

Imagine your golf game where you feel in complete control. Imagine playing where it is easy for you to stay in the moment and focus on each shot. You are able to let go of missed shots and trust your swing. You are able to make up for missed greens with an accurate short game. Your confidence soars with each shot that you create. When you putt you remain calm. You possess total confidence and remain composed in competition. Playing the last few holes your concentration intensifies and you finish strong. You congratulate yourself for playing up to your potential and enjoy the feeling of success!

"We cannot rise higher than our thought of ourselves."

---Orison Swett Marden

Create with me a new year of possibilities. Take the time to envision the golf game you desire, and the golfer that you aspire to be. What you think, you create. What you can conceive, and believe.....You can achieve!

Entrain Your Heart & Brain for Peak Performance

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Improve your golf game NOW by listening to PMI self-hypnosis CDs & tapes in the privacy of your home. Order today at www.pmi4.com/cart

One on One: Call 828-697-0666 or contact [Joan](#) today to ask about personal coaching in person or by phone. Learn what is missing in your game to achieve your peak performances.

If this monthly mental instruction newsletter has been helpful to you, please forward it to your friends so they can have more fun playing the game of golf while lowering their scores. Download previous PMI newsletter issues by logging on to the Archived Newsletter Page at www.mastermindgolf.com

If you have a question or need help with your mental game, email Joan at info@mastermindgolf.com Also, please share with us how this website information has helped you improve your performance.

