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This is an excerpt from the forthcoming book - "Positive Impact Golf" by Brian Sparks.

"The average person is more than capable of playing the game in an easier and more natural manner. In this book I will demonstrate and help you discover a new perspective on your true potential. I am convinced that the average handicap has not improved either in Britain or the USA over the last four decades because modern teaching over-complicates what is, in essence, a very simple affair. Add to this the indoctrination of all new golfers to conform to outdated and complex principles and you will easily understand why I am determined to lead golf coaching in a new, simple and inherently more natural direction.

In these pages you will see why you play well sometimes without knowing how and you will be able to control your game instead of being controlled by it. You will gain the tools to play consistently better golf because you will know how to find your natural swing and how to shed the false and over-technical version you have been indoctrinated to use. You will de-clutter your golfing mind and become more confident and positive about your game.

I founded 'Positive Impact Golf' to help release the average golfer from the interference of limiting beliefs from which he or she is unwittingly suffering. Since discovering the power of our belief system, I am yet to find a golfer at any level of the game who is completely free of negative and self-limiting beliefs that affect how they swing the club and how they play the game.

Your potential to perform any task in life can be blocked by interference which comes in many forms. I will be talking to you about this subject in the following pages both with regard to the fundamentals of the golf swing and to the power of a positive mindset in your game. Swinging the club to your potential and consistently hitting well struck shots is a matter of getting out of your own way both physically and mentally.

When you start to apply the Six Core Swing Basics contained in these pages your golf will lose much of its frustration and anxiety. You will also learn about the importance of a positive attitude to bad shots and how to get into the right state to play your best golf more often.

Swinging a golf club and hitting a ball are not difficult. They do become so however, when people apply themselves in ways that undermine their latent talent and inhibit their ability to use it effectively.

We play our best golf when we are swinging the club well whether it is with a driver, an iron or even a putter. When that happens the game feels so easy. But this sentiment quickly reverses and leaves us baffled and frustrated when we play badly. Why does hitting a golf ball go from being such a simple affair one minute to being so complicated and difficult the next? Sometimes this happens from one day to another, from front nine to back nine, from one hole to another or even from one shot to the next.

It is a simple fact that we don't think too much when we are playing well. In fact, the less we think the better we play! However, as soon as we hit a bad shot we are tempted to ask 'why?' and so start to create our own downfall by consciously trying to correct the things we imagine we are doing wrong. But can we really put our finger on the right fault? Let me explain.

Imagine that you have just topped a shot, in other words the ball hasn't got off the ground. Everyone tells you that you've lifted your head. So, what are you going to do other than try and keep your head down longer on the next shots? But, does it work? If it does, surely you will know forever how to stop it happening again? Can you put your hand up and say that you don't top shots anymore? In the many years I have spent studying golfers I have rarely seen anyone hit the top of the ball due to lifting their head, despite what everyone tells them! By applying themselves to this erroneous analysis they end up staying down too long and blocking any chance they have of swinging smoothly through to a poised and correct finish. What's more, it doesn't cure the topped shot. The plain truth is that golfers tend to misdirect their efforts in correcting problems that don't exist.

We play better golf when we are relaxed and move well. We play badly when we feel stiff and static. Is it possible to stay still and move dynamically at one and the same time? I doubt it. Golf coaching should focus on this essential aspect of the game and thus help golfers to develop more confidence in movement. Muscle tension is the major interference in golf.

Whilst seeking to conform to recognised and traditional swing fundamentals, you may actually be increasing difficulty by unwittingly adding tension to your swing. Inconsistency ensues and your ability to express your full talent becomes blocked. You are literally getting in your own way.

We all have the ability to swing the club with good rhythm. When you hit a purple patch doesn't it feel easy? Aren't you struck by how little effort it requires to hit lovely shots that ping off the club head and soar into the air, seemingly hanging in space for much longer than usual?

Golf teachers and coaches around the world recognise the need to help you correct your swing faults and to improve your swing. But the traditional corrective is a positional one. The thinking is, if your swing looks better from a technical viewpoint then you must hit better shots and play better golf. This philosophy is flawed because it doesn't respect your body's natural rhythms or the flow of motion that even the word 'swing' intimates."

FOR MORE INFORMATION ABOUT THE BOOK EMAIL book@positiveimpactgolf.co.uk OR CALL BRIAN ON 07739 801751.