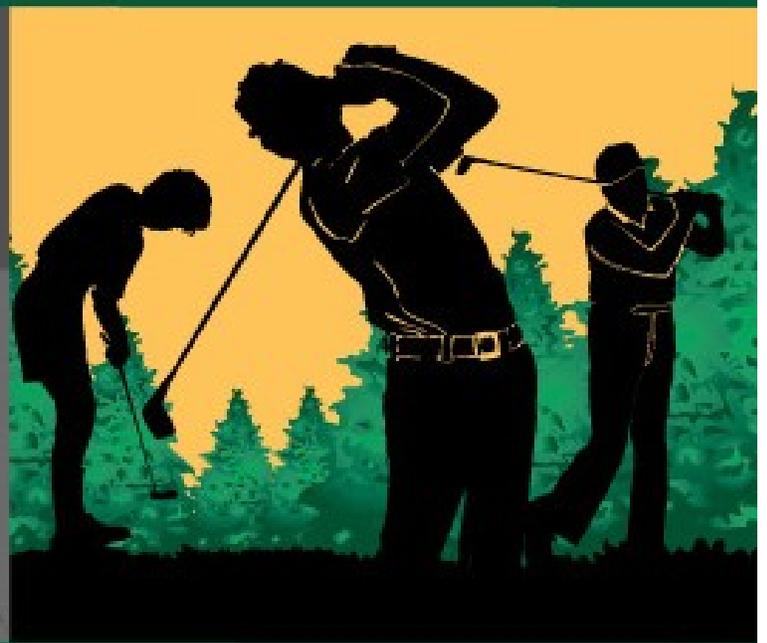


Better Golf
with **EFT**TM
Emotional Freedom Technique

Breakthrough
Performance
Technique using
Energy Psychology
to tap into
your subconscious!

Learn to Play Golf
without Fear!



MASTER THE MENTAL GAME!
Play better Golf in less than an Hour!

Steve Botuchis

Disclaimer

Energy therapies have produced remarkable clinical results, but they must still be considered to be in the experimental stage and therefore instructors, practitioners and the general public must exercise care in their use of them. While this book references Gary Craig the founder of EFT, it in no way implies any endorsement on his part.

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Dennis Sweeney – My unofficial editor who helped me immensely. Any grammatical errors, improper use of words or sentences that just don't make any sense are due to my ignoring his advice.

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Preface

Thank you for purchasing *Better Golf with EFT*. You are one step closer to shooting lower scores and enjoying the game more. The Emotional Freedom Technique (EFT) is not traditional golf psychology. EFT is cutting edge technology combining the age old wisdom of acupuncture with new age theories of quantum physics. If you put into practice the techniques you are about to learn you will play better golf...guaranteed!

My grandmother used to say "the proof is in the pudding", your proof of how well EFT works will come after you have used the techniques and start to see lower golf scores. With a great deal of satisfaction you will accept congratulations from your foursome and see the envy in their eyes as word of your improved golf game spreads throughout your golf community.

The Author

My name is Steve Botuchis and I was born and raised in Cincinnati, Ohio. Until a couple of years ago, most of my adult life was spent in sales and marketing. I am an avid golfer with an 11 handicap but, until recently, playing golf was difficult for me. From early childhood I was constantly afflicted with severe neck and shoulder pain. I consulted orthopedists, neurosurgeons, and any other doctor that might be able to relieve the pain. They told me there was nothing they could do.

In my mid thirties, I decided to explore alternative methods. This led me on a long journey to where I am now. The journey continues. I am now a licensed massage therapist, a certified bio-energetician, and a practitioner of various energy protocols and have recently become a strong advocate of the *Emotional Freedom Technique* (EFT).

Over the last nine years, I have worked with thousands of clients treating just about any ailment you can name. Typical physical ailments include stomach aches, headaches, shoulder pain, skin rashes, hormonal problems and many others. For the last two years I have worked extensively with athletes of all ages. I have used EFT to improve the performance of gymnasts, basketball players, girl's high school fast pitch softball players, recreational golfers and tournament caliber golfers. While I haven't kept formal numbers, I would estimate an 80% success rate. That's pretty good. As you might expect, those clients who practiced their sport and were consistent with their application of EFT tended to show the most improvement.

My passion and love for the game of golf has inspired me to work with more and more golfers over the past year. The results have been outstanding. Now I want all golfers to share the benefits of EFT. This is why I wrote *Better Golf with EFT*. Investing as little as ten minutes a day applying EFT can provide you with a more relaxed and tension free swing and renew your enjoyment of the game.

Chapter Seven - Visualization

One of the many benefits EFT provides is the luxury of tapping while we are away from the golf course to improve our performance on the golf course. Long before we tee it up on the weekend we have the entire week to work on our golf demons. This gives us great flexibility. In the quiet of our own home, apartment or office we can tap on all the negative emotions that are getting in our way.

Years ago Dennis Waitley a famous sports performance psychologist and motivational speaker wrote "The Psychology of Winning". In the book Waitley referenced his work with Olympic athletes. He used principles learned in his practices he used with astronauts in the Apollo Space Program.

Basically he discovered this critically important point. When you visualize you materialize. Waitley had Olympic athletes run their event or competition in their mind while the athlete was hooked up to sophisticated biofeedback equipment. Incredibly, the same muscles fired in the same sequence when they were running the race in their mind as when they were running it on the track. How could this be? Because the mind can not distinguish whether you're physically doing it or whether it's taking place in your imagination. If you've been there in the mind you'll go there in the body.

While you're at home imagining playing that par three on your home course your brain and body can create the same feeling as when you're really teeing it up. If you imagine the fear of hitting in the water or hitting it out of bounds that fear and tension can be recreated. That's how powerful the imagination is and that's why tuning into the emotion is so important. Tapping on our acupuncture points while tuning into the fear restores balance to our energy system. You might think of it as replacing a fuse after an emotional short circuit disrupted an energy pathway.

Practice in your imagination

Use your imagination to put yourself in pressure situations. Think about making that three foot putt to win the match or playing that tough par five you always screw up. List the fears and emotions that pop up and rate the intensity. If three putting is a problem imagine how you feel when you three putt. Replay an actual hole that you three putted in an earlier round. Feel the tension and anxiety in your arms, feel the knots in your stomach. Listed below are more examples of thoughts that might pop up.

I'm afraid I'll hit the ball too far past the hole

I'm afraid I'll leave the ball short

I have no confidence on short putts

I can't read the green

I have anxiety on this putt

Your emotional forest

Think of your negative emotions as a forest of trees in a negative self image forest. Fears, failures, rejections, there may be hundreds of them. If you have one hundred trees in your forest and you cut one of them down using EFT you are left with ninety-nine. While you will get some relief and improvement you have much more work to do. As you start to cut down one emotion after another your emotional forest thins out and it's an easier place to move around in and reside. There is also a generalization effect that occurs. As more and more emotional trees are cut down eventually the rest of the trees collapse. As you continue to clear out your "emotional golf forest" you will hit better shots, play with less stress and score better.

By now you get the picture. Simply use your own word or phrase to describe your emotion and you will be tapping your way to a better golf score in less time than you can say "you're away pardoner".

Okay that's a bit of an exaggeration but not much. Tapping for just one minute right before you hit a shot will actually reduce tension and allow you to

swing more freely. Tapping for ten to fifteen minutes before the round will help even more because you will address more issues and spend more time actually tapping on them. It follows then that tapping for 30 to 45 minutes will help even more.

Now there is no substitute for skill and practice.....not even tapping. Tapping will help the worst golfer swing more relaxed and tension free which will automatically improve the quality of the shot. While it still may not be a very good shot compared to the type of shot a highly skilled golfer might hit, it will still be an improvement over a shot hit without tapping. A golfer who has played for awhile and taken some lessons will show greater improvement than a beginner.

A medium to low handicap golfer has obviously got skills. What's holding them back from the next level is usually in their head. I refer back to Bobby Jones' quote, "Competitive Golf is a Game Played on a Five Inch Course – the Distance between your ears. Think about it, at one time or another you have hit just about every shot perfect. You've hit a great drive, a crisp iron shot or made a long putt. They probably haven't all occurred in the same round unless you're a scratch golfer but the point is you have the ability to hit all your shots well. You need to break down barriers and put yourself in the zone to be able to hit them more often.

Breaking through a comfort zone where you believe you can't break 80 or 70 can be a huge step for a golfer. A two handicap golfer who takes two less three putts per round will shoot even par. A three handicap golfer that believes he's a choker and has self doubts will have a difficult time breaking par until he wipes out those fears and beliefs. It's all possible through applying EFT.

Success stories

Steve P. - PGA professional "EFT has helped me eliminate my fear of three putting and enabled me to stay focused even if I have a bad hole"

Ken L. - "after working with Steve before a club championship match I shot my lowest score of the summer....and won the match by one shot"

Dan L. - "I was a huge skeptic, it looked so silly. Then I started hitting my drives twenty yards longer and straighter and my iron play improved. The day after working with Steve my foursome asked if I had secretly been taking lessons on the side."

Chuck R. - "my chipping was atrocious. I was starting to putt the ball from twenty yards off the green. Thirty minutes after working with Steve I actually had the courage to try a lob wedge and was consistently hitting them within 6 feet of the cup. Prior to this I couldn't hit the green."

Caroline L. - "I was having trouble with my back flips on the trampoline. I was afraid I would lose control, fall off and injure myself. After thirty minutes tapping with Steve I went out and performed unafraid and won second place in my next gymnastics meet".

Recommended readings

Golf is not a Game of Perfect by Dr. Bob Rotella

Fearless Golf by Dr. Gio Valiante

Recommended web sites

www.emofree.com

www.thoughtfield.com

www.breakthroughperformance.net

www.stevebotuchis.com