

# Simple Acupressure Technique takes Strokes off Your Golf Score by improving the "Inner Game"

*Golf pros agree that golf is a mental game and thus distracting, negative thoughts can quickly undermine a perfect golf swing.*

Emotional Freedom Techniques (EFT) is an emerging do-it-yourself acupressure technique that quickly resolves negative thinking and relaxes the body's subtle energy system.

Gary Craig the Stanford -trained engineer who developed EFT explains, "EFT is a coping strategy that is invaluable to golfers. Anyone can use it to eliminate performance related worries; even the most persistent ones. Pros are also using it to shave that all important 1 or 2 strokes off important rounds.

EFT therapist and budding sports psychologist, Steve Botuchis has taken the concepts of EFT and written an easy to read instruction manual that will enable golfers at all levels to improve their game almost immediately. Many golfers have used the techniques learned from "Better Golf with EFT" to drop their scores from the mid-80's to the mid-70's.

Sports Psychologist, Dr. Nick Holt in his studies of elite golfers observed that while most golfers spent a great deal of time developing technical skills they ignored or didn't understand the importance of effectively coping with stress. Now the answer is at your fingertips, literally, as Steve shows you how to tap on acupuncture points while focusing on your fears and stressors.

Improvements that used to take weeks, months and even years now can be accomplished in weeks, days or sometimes even minutes. Steve's book unlocks the mysteries of the inner mind and inner game...at least when it comes to golf.

For additional information on how to order "Better Golf with EFT", or to download free articles visit [www.eftgolf.com](http://www.eftgolf.com)

About Steve;

Steve is a licensed massage therapist and an EFT therapist and performance coach in practice for 14 years. He is an avid golfer and is passionate to help clients improve their performance and their life.

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