

“Randy helped us realize that the answers lie within yourself. As a PGA Tour Caddy I learned how to use Randy’s concepts, and help my player (my brother Kevin Na) to ‘get out of his own way.’ I was amazed to witness that when Kevin used Randy’s mind power techniques, it resulted in such a huge improvement, and so quickly. Now I can help him stay focused and positive for the entire four rounds. Randy’s book, *Your Inner Swing* will help move you to the next level... it did for us!”

Austin Na, Professional PGA Tour Caddy to Kevin Na

“Randy has been able to take the life information I give her and develop a session that fits my needs. We have done this on several occasions as issues arose, and each time I have been able to see positive results. I encourage golfers to work with Randy to achieve the same kind of positive results I have.”

Bobby Heins, Two-time Metropolitan PGA player of the year
PGA Head Professional
Old Oaks CC, Purchase, NY (25 Years +)

“For years I’ve sought numerous teachers to fix my ‘chip yips.’ After one Mind Power session with Randy, she not only fixed the problem, but gave me the tools that helped me get out of my own way to play better under pressure. I highly recommend *Your Inner Swing*.”

Freddie Dolan, (4 Hcp), President, StretchMate, Inc.
PGA Tour Players Flexibility Coach

“Randy helped us make the Saturday Series Private Outing for the PGA Tour and Golf Channel a huge success. It takes somebody who is very confident of their abilities to work comfortably in the loose structure we prefer at our events. The clinic was very well received, both by the guests and the Tour professionals. I know I will be telling people about the things I learned listening to Randy and Ted Purdy interact. That was top-notch stuff!”

John Goutell, Chief Operating Officer
Saturday Series Pro-Am a PGA Tour official event

“*Your Inner Swing* will help free your mind to play the game you were meant to play.”

Shad Muth, Professional Golfer, Gateway Tour
Mr. “59” Hastings, MN

Your Inner Swing

7 Lessons in Golf ... and Life!

RANDY FRIEDMAN

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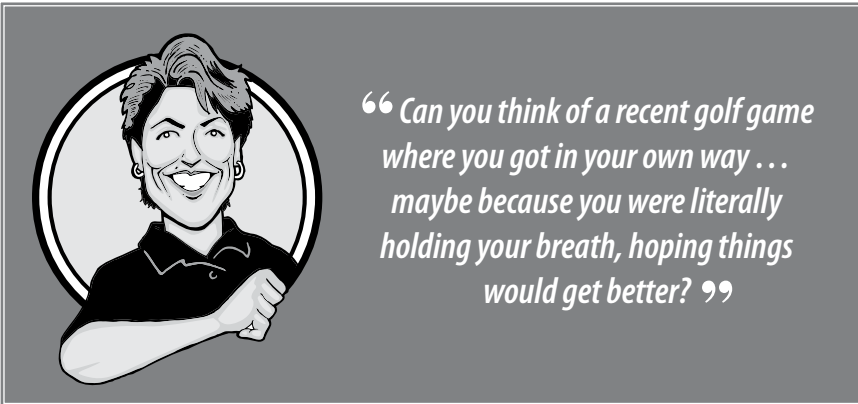
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Developing *your inner swing* is about going inside, and evaluating your internal systems — like your breathing, for instance. Whenever we struggle, are fearful, or try too hard to make something happen, our breathing becomes labored and shallow. This keeps us tense, frightened,, and more likely to get in our own way. In short, poor breathing makes it impossible for us to perform at our highest level. Breathing may not seem to have anything to do with your golf game ... but in fact, it does, because it affects what’s going on inside of you.



By the way, are you breathing deeply right now? If you’ve been struggling with your golf game – or your larger life — at any point, the odds are good that you’ve been holding your breath or simply not breathing deeply enough when you felt stressed. Take a deep breath right now. Notice how it makes you feel.

Do you want to increase your mental clarity, concentrate with ease, develop your creative imagination, and lower your golf score? Then keep reading ... and keep breathing.

What are you looking for? Are you looking for a few simple, instructional pictures? Are you looking for step-by-step diagrams that will help you “improve your swing”? Are you looking for a couple of quick ideas on “how to do it”?



Does this sound familiar?

ABOUT THE AUTHOR

Randy Friedman started playing racquetball at the age of nine, and competed professionally until she retired as the fourth-highest-ranked female player in the world. She then took up golf, and eventually began a full time career as an instructor, mind coach and speaker for golfers.

As a Golf Professional working at various country clubs, Randy has taught thousands of lessons to students of all ages on visualization and mind power. Today, she continues to entertain and educate audiences with corporate keynotes, golf workshops, and seminars. Her programs are notable for their passion, optimism, and practical advice.

As a speaker, mind coach, LPGA Teaching Professional, and author, Randy Friedman delivers *Your Inner Swing* as a keynote speech that inspires golfers — and everyone else — to breathe deep, focus on what they want and help them get out of their own way.

For information on professional speaking engagements, customized corporate golf, audio programs and other materials, please visit:

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