

# Why You're Not Improving Faster ... And What You Can Do About It!

by Dori O'Rourke, LPGA

Did you know the average handicap hasn't decreased in decades despite amazing technological advancements in equipment? Did you know that millions of golfers struggle endlessly with their swings, plagued by a perpetual lack of consistency? Did you know that over two million golfers quit the game each year... in the US alone!

Most importantly, did you know that Einstein would consider the way you've been approaching golf improvement quite INSANE? That's because he defined insanity as, "doing the same thing over and over again expecting different results."

Isn't that exactly what you've been doing? Aren't you still searching for the swing tip that will somehow unlock the golf swing of your dreams? Aren't you still over-thinking about your swing on the course, believing it will somehow lead to the consistency you want? Aren't you still practicing sporadically, jumping from one swing thought to the next?

If you haven't been improving as fast as you'd like, you're doing at least one, if not all of these things ... and you're doing them over and over again expecting different results!

I'm not like most golf professionals. I'm not going to give you more swing tips - because I discovered they won't help you find the golf swing that fits YOU best. I'm not going to tell you the "right way" to swing - because I don't believe there is one golf swing that fits every body. I'm also not going to assume that you know how to practice effectively - because most golfers don't.

As a special gift to you, what I am going to do is show you a much more effective way to approach golf improvement - the best way to approach your golf swing, your golf game, and your practice sessions.

I'm going to show you how to get results 100% of the time ... seriously! I'm going to show you how to improve faster and easier than you've ever done before. And, I'm going to show you how to achieve the results you want in a way that brings more enjoyment back into your game.

The first step is simple. All you need to do is start becoming more aware of how you've been approaching golf improvement - specifically, your swing, your game, and your practice sessions.

For example, with all the contradictory swing ideas out there, how have you determined which way to swing is the "right way"? When top instructors have told you different ways to swing, who have you believed and why? When you've "lost your swing" on the course, what did you think was the root of the problem and how did you go about solving it?

When practicing, what have you focused on and why? How long have you focused on one thing before jumping to something else? And, how have you known if you were doing what you wanted or not?

The current truth about each of the following is:

- **Golf Swing** - Most golfers go from one swing method to the next their entire golfing careers, never finding the golf swing that fits their body best.
- **Golf Game** - Most golfers think about their swing when they play, thinking more and more the worse they get, not realizing that mental interference is the real cause of their swing problems.
- **Practice Sessions** - Most golfers go to a driving range to “try” things, not knowing if what they’re trying is right for them, not sticking with anything long enough to see a permanent change, and not having a solid way to get feedback - i.e. to know if they’re doing what they want to do or not.

So, as a special gift to you, I’m going to show you how to solve ALL the problems normally associated with the “traditional approach” to golf improvement.

Specifically, I’m going to show you:

- **Golf Swing** - How to find YOUR best swing - the one unique swing that fits YOUR body best.
- **Golf Game** - How to quiet your mind so you can consistently bring your best game to the course.
- **Practice Sessions** - How to find the most important change you need to make and learn it in the fastest, easiest way possible.

Overall, I’m going to show you everything you need to know to enjoy rapid, consistent improvement, and we’ll have a lot of FUN along the way, too!

To help you get started, here’s an excerpt from my newest book, *Custom-Fit YOUR Golf Swing*. As you’re reading it, notice if you can see any similarities to the way you’ve been approaching swing improvement over the past few years.

#### **When Will It End?**

[Excerpt from page 22 of *Custom-Fit YOUR Golf Swing*]

Imagine reading that an upright backswing is ideal for increasing your distance and consistency, so you decide to make your backswing more upright.

Then, a few weeks later, while watching golf on television, you hear a famous golf coach talking about the benefits of a flatter backswing. It worked for the winner of this week’s tour event, so you figure it could work for you, too.



After a few weeks, you decide to take a lesson from the local professional. She explains that the best backswing is halfway between upright and flat, so you change again.

A few months later, a pro with a very upright backswing wins a big tour event. With your golf lesson a distant memory, you wonder if a flat backswing was your problem all along.

After months and months of backswing practice, you're no closer to finding YOUR best backswing than you were when you started.

With the ever-growing mass of swing information available today, this pattern could keep repeating with every aspect of your swing. When will it end?

Luckily for you, it will end when you learn how to find the best swing for your body (a CUSTOM-FIT swing); when you learn how to reduce conscious interference; and when you learn how to practice more effectively. And, that's exactly what I'm going to show you how to do.

So, get ready to make this your best golf year ever. I guarantee it!

If you have any comments or questions, feel free to contact me at [CoachDori@CoachDoriGolf.com](mailto:CoachDori@CoachDoriGolf.com).

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**LPGA Teaching Professional, Dori O'Rourke** is a popular writer, teacher, and speaker. Known to many as *Coach Dori*, her talks and writings have inspired and entertained thousands of men and women golfers coast to coast for over 20 years.

Her latest book, *Custom-Fit YOUR Golf Swing*, reveals the evolutionary swing program that is transforming golf instruction worldwide.