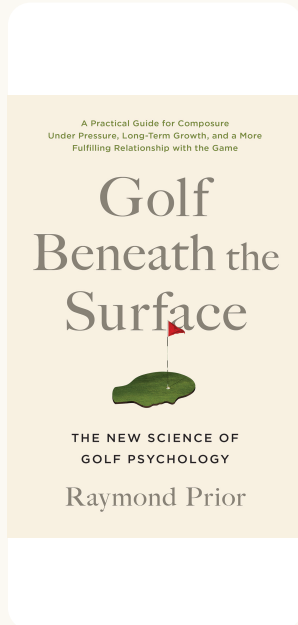


Our Top 5 Golf Psychology Books

Five essential reads, plus further recommendations - with clickable US and Europe links

THE TOP FIVE



1 | TOP 5

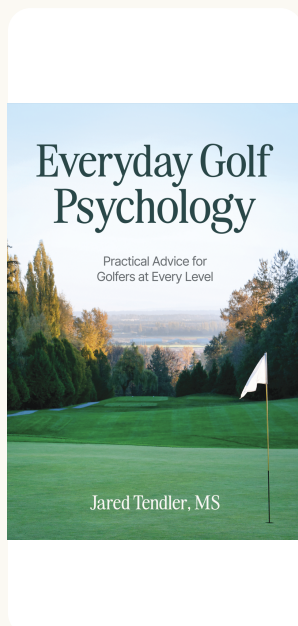
Golf Beneath the Surface

Dr Raymond Prior

A modern, science-led look at how thoughts, emotions, habits and beliefs shape performance. Strong on awareness, confidence, acceptance and performing under pressure.

[BUY - US](#)

[BUY - EUROPE](#)



2 | TOP 5

Everyday Golf Psychology

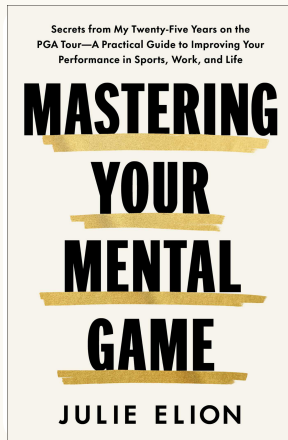
Jared Tendler

Practical problem-solving for overthinking, frustration, fear and inconsistent confidence. Built to narrow the gap between your best and worst rounds.

[BUY - US](#)

[BUY - EUROPE](#)

The Top Five - continued



3 | TOP 5

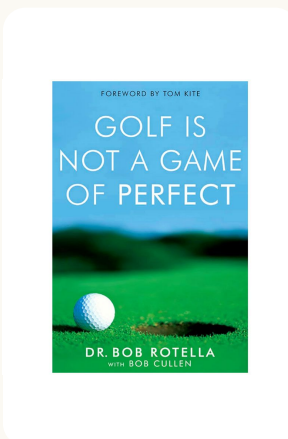
Mastering Your Mental Game

Julie Elion

A Tour-informed blend of performance psychology, mindfulness and self-understanding. Applies elite-performance principles to golf, work and life.

BUY - US

BUY - EUROPE



4 | TOP 5

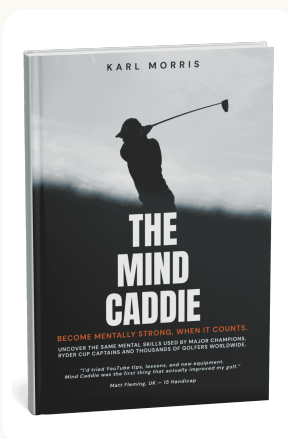
Golf Is Not a Game of Perfect

Dr Bob Rotella

The enduring classic on commitment, confidence and process. Learn to accept imperfect shots, choose clear targets and play without chasing flawless swings.

BUY - US

BUY - EUROPE



5 | TOP 5

The Mind Caddie

Karl Morris

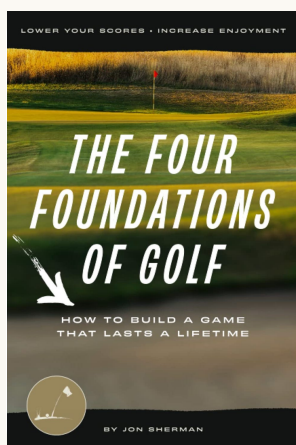
A practical mental-strength guide centred on attention, acceptance, decision-making, pressure and resetting quickly after mistakes.

BUY - US

BUY - EUROPE

Further Recommendations

Strong companion reads for strategy, performance, putting and the short game.



RECOMMENDED

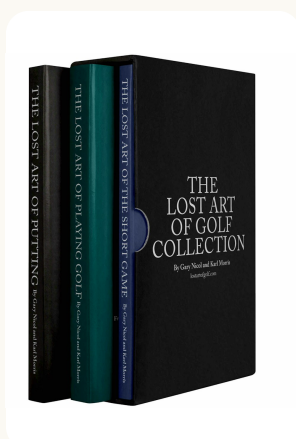
The Four Foundations of Golf

Jon Sherman

A broader improvement system covering expectation management, strategy, practice and the mental game - designed to lower scores while increasing enjoyment.

BUY - US

BUY - EUROPE



RECOMMENDED SERIES

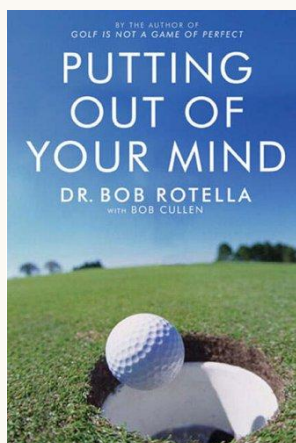
The Lost Art of Golf Collection

Gary Nicol & Karl Morris

Three volumes covering playing golf, putting and the short game. A thoughtful focus on attention, adaptability, creativity and performance rather than technical overload.

BUY - US

BUY - EUROPE



RECOMMENDED

Putting Out of Your Mind

Dr Bob Rotella

Also known in some editions as Putt to Win. A focused guide to putting confidence, instinct and creating a freer stroke when the pressure rises.

BUY - US

BUY - EUROPE