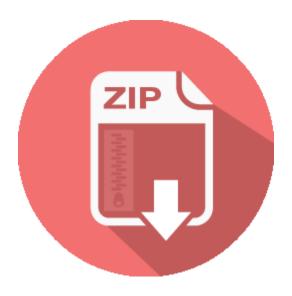
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Improve Your Mental Toughness Part I Golf Tip

Mental toughness is important in golf because there are going to be a number of challenges that come up in any given round. A 'smooth' round of golf is almost impossible to achieve you are sure to find yourself in some tough spots, and make a few mistakes, along the way.

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