

## **Mastering the mental game** *New golfer's guide is a hole in one*

MESA, Ariz. – Don't let your lack of skill drive a wedge between you and your love of golf.

In *Golfer's Palette: Preparing for Peak Performance*, author and graduate of Golf Academy of America Dr. John Edwin DeVore creates a masterful work of art that can support the efforts of an average golfer to accomplish golf goals and become his or her best coach and caddie.

Inspired by a search for the connection between the physical body and the mind, Dr. DeVore enables readers to become aware of the conditions needed for peak performance by offering a unique perspective of body-mind mastery skills, integrating contemplative skills with technical skills in a sport with a rich technical culture of club and body mechanics.

"When the golfer is able to deliberately quiet the mind of words and beliefs, the artist within is revealed on every shot," Dr. DeVore said.

With *Golfer's Palette: Preparing for Peak Performance*, golfers can stay above the bunker and under par.

For more information, visit <http://www.JohnEdwinDeVore.com>.

*Golfer's Palette: Preparing for Peak Performance*

By Dr. John Edwin DeVore

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### **About the author**

Dr. John Edwin DeVore graduated from West Point with a bachelor's degree. He earned a master's degree in religious studies from Naropa University, as well as a master's degree in business administration and a doctorate degree in human communication studies from the University of Denver. He has an associate's degree in business from the Golf Academy of America, and has recently published *Sitting in the Flames: Uncovering Fearlessness to Help Others*. He served eight years in the U.S. Army, including two years of combat during the Vietnam War. DeVore's civilian career spanned 27 years as a corporate executive and consultant. He is a spouse, father, grandfather, golfer and pianist.

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