



# **The 18-Second Golf Solution: The Ultimate Pre-shot Blueprint for Breaking 80 and Beyond**

*Dr. Jeff Blum*

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# The 18-Second Golf Solution: The Ultimate Pre-shot Blueprint for Breaking 80 and Beyond

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If You Think Breaking 80 is all about having the perfect swing... Think again. The Real Secret lies in mastering the crucial 18 seconds directly preceding every swing of the club. Dr. Jeff Blum is the creator and developer the 18 Second Golf Solution, the “Emotional Reset Technique” and the 5 step T.R.U.S.T Pre shot preparation Process. He brainstormed the idea over a 10 year period of time out of sheer necessity and desire to improve his game. He is an avid golfer and long time student of the inner workings of the human mind and its relationship to the game of golf and the golf swing. Dr. Blum has created and developed a pre-swing process that will revolutionize and change forever the way golfers perceive the golf swing.

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