



## Health & Performance

Health, energy, performance excellence, expert riding, a better golf and tennis game, all result from knowledge and skills we continue to acquire

### All Correct Movement is Exercise

- **exercise is correct movement**

when walking, working in the yard  
when riding, playing tennis and golf  
when relaxed, balanced, flexible and focused

### All Incorrect Movement is Injury

- **injury is the result of incorrect movements**

when walking, working in the yard, playing tennis and golf  
when lifting, pushing, pulling, reaching, bending  
when tense, strained, tight and distracted

*Ray Mulry triggers awareness that understanding and correct use of the body makes a vast difference in everything we do with both body and mind.*



Sally Swift  
Internationally Recognized Equestrian  
Trainer and Author of The Centered Rider

## Getting the most from life *with Dr. Ray*

### FOR THOSE SEEKING HEALTH AND PERFORMANCE EXCELLENCE

acquire the performance skills of those who get the most from life

#### CLINICS AND COACHING

Ray Mulry, Ph.D., Clinical and Sport Psychologist, has spent the greater part of his professional career identifying fundamentals of peak human performance. Dr. Ray now offers his clinics and coaching to you, starting with the following truths:

*All correct movement is exercise. All incorrect movement is injury.*

*Correct technique is fundamental to performance excellence in all your activities.*

Eliminate strains and sprains, back problems, neck and shoulder problems, even knee problems, because they are so often the direct result of incorrect movements.

## Health & Performance



*In The Zone: A refreshing lucid and engaging prescription for a 'happy body' which, as the author shows, is a solid foundation for a peaceful mind, open emotions and a fulfilling life.*

Dan Millman  
World Champion Gymnast and author of  
the Inner Athlete

## Getting the most from life *with Dr. Ray*

For three decades I have introduced my clinics and seminars with the question, *What is most important to you in your life?*

99% say, *My health!* Quickly adding *and the health of my family.*

Feeling good is much of what getting the most from life is about. Not feeling good so often results from unnecessary aches and pains, including back pain, headaches, soreness, stiffness, fatigue, sleeping problems, and the list goes on.

Good health, like performance excellence in all sports, requires basic skills. *Yes, I said skills!* And this is where the *4-Core Competencies of In The Zone Performers* enter the scene.

Being a skilled, solid performer requires *relaxation, balance, flexibility and focus.* These four mind/body skills are fundamental to health and performance excellence across the full range of human activities.

John, a successful executive, is good at sports, and enjoys the active life. All was going according to plan until his back went out. It wasn't the first time, and he knew it wasn't the last. Growing older isn't the problem. He just doesn't take the time to do what it takes to stay in the game. John's youthful attitude of immortality is gradually giving way to a more realistic perspective. He knows it is time to get to work - on himself.

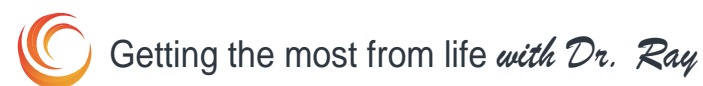
#### *Where to start?*

Start with fundamentals of good health and performance excellence. Good idea, you might say, but what are they and how do I best proceed?

#### *the 4-Core Competencies*

There are four absolutely essential skills, basic to health and performance excellence; *relaxation, balance, flexibility and focus.* Each must be integrated into a unified, flowing full-body attitude you take with you throughout all activities of daily living.

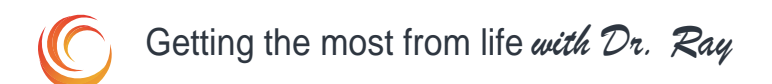
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Getting the most from life *with Dr. Ray*

## Ray Mulry, Ph.D.

Clinical and Sport Psychologist, author, therapist, teacher and coach for performance excellence

Knowing stress and tension management skills play a significant role in our ability to meet life challenges, Ray first authored *Tension Management & Relaxation*.

Later in his career, along with orthopedic surgeon, Arthur White, M.D., he published *The Back School and 12-Steps To A Pain Free Back*. These publications led to *Freedom From Stress & Back Pain*, *Watch Your Back! First Aid for Back Pain*, *In The Zone: Making Winning Movements Your Way of Life*, *Teeing Off With The Masters: A Sport Psychology Novel* and *Trust Your Swing: The power of the Pendulum and Rhythmic Flow* Audio CD, co-authored with Canadian Film Composer, Karl Mohr.

Ray has held faculty positions in the Clinical Psychology graduate training programs at the University of Texas at Austin and Indiana University at Bloomington, and was a member of the allied medical staff of the Eisenhower Medical Center in Rancho Mirage, CA.



### QUIET SELF-CONFIDENCE

Quiet self-confidence is what we see from the outside and feel on the inside. Mostly, it is a requirement for performance excellence, providing a steady rudder and laser focus when challenged.

Quite self-confidence goes well with a smile, a friendly gesture, a winning attitude. Genuine self-confidence reveals its self in all aspects of our being, making winning and losing secondary issues. What matters most is a game well played, to our own satisfaction.

Jack Nicklaus and Tiger Woods are well known for their commanding self-confidence and focusing capabilities, both consistently acknowledging the importance of mental skills to their success. In Jack's words, "Don't every try to tell me golf in not 99% a mental game." Similarly, Tiger says, "My mind is my greatest asset."

Quiet self-confidence results from specific performance skills you will quickly acquire through Dr. Ray's coaching, practice and dedication to results.

*Focus is everything!*

establish measureable goals  
for health and performance  
excellence

### GOLF WITHOUT BACK PAIN

80% of Americans experience back pain and it is logical to assume golfers are among them. The good news is a body friendly swing does not cause back problems. The right swing works with the laws of physics and with your physiology. When you are relaxed, balanced, flexible and focused, you are more stable, your swing is faster, your distance is greater and you will continue to enjoy a pain-free game .

**"my mind  
is my  
greatest asset"**

Dr. Ray focuses on coaching while you focus on learning and practice. It's all about the power of knowledge, skill acquisition and the capability mindset.

Getting the most from life and your sport is a matter of fundamental mind/body skills you can quickly acquire. Dr. Ray's years of work and wellness based publications within the arena of good back care, include: *The Back School*, *The Portable Back School*, *12-Steps To A Pain-Free Back*, *Watch Your Back*, *Freedom From Stress and Back Pain* and most recently his online course, *First Aid for Back Pain* offered by PureSafety in Nashville, TN.



## TEEING OFF WITH THE MASTERS

### CLINICS & COACHING

Dr. Ray's participatory coaching style helps you quickly overcome performance anxieties and tensions, preparing you for a gratifying game of golf.

*Every golfer knows the gut wrenching feeling of pressure. For some, it's getting off the first tee. For others, it's playing the last hole to win a club event. For a lucky few, it's making a putt on the last hole to win a major. Regardless of what pushes your nervous system into overdrive, Teeing Off With The Masters shows you how to deal with it.*

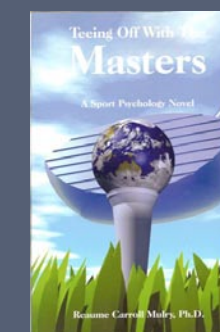
Casey Eberling  
Golf Instruction & Golf Schools



### SPORT PSYCHOLOGY

*Teeing Off With The Masters is the road map for tapping into the unknown quantity of mental strength that lives in all of us. Uncover the ways to reach your true potential by reading and practicing the methods Dr. Ray has set forth. It has, until now, been the missing ingredient.*

Michael Breed  
2000 Metropolitan PGA  
Teacher of the Year

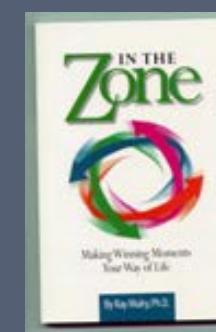


### AUDIO CD

**Trust Your Swing:  
The Power of the Pendulum and  
Rhythmic Flow**

The best golf swing results from subconscious forces, not conscious effort. Trust Your Swing helps you achieve a smooth, seamless, swing motion, flowing with the arc of the pendulum from start to finish.

Rhythmic flow is the essence of a powerful, reliable golf swing, and central to Dr. Ray's coaching and training. Immediately following your first training session, you will begin to experience the quiet self-confidence, clarity of focus, feelings of flow and exhilaration, displayed by top performers.



## Teeing Off With The Masters: A SPORT PSYCHOLOGY NOVEL

From inside the walls of a mental institution, shattered PGA golfer, Charlie Botts and Doc, his inventive therapist and caddy, play fictional Greensward Grail, stroke by stroke, hole by hole.

With cameo appearances by Bobby Jones, Ben Hogan, Jack Nicklaus, Arnie Palmer, Sam Snead, Lee Trevino, Nancy Lopez and other Masters ~ together you will peel away layers of mystery surrounding the neurophysiology of focus ~ essentials of rhythmic flow ~ brain mechanisms underlying our emotions ~ strategic course management ~ and all the significant mental performance variables key to finding and staying *In The Zone*.

Dr. Ray shares his knowledge of powerful psychological mechanisms driving optimal mental performance, the rapidly emerging concentration of the new golfer-athlete.