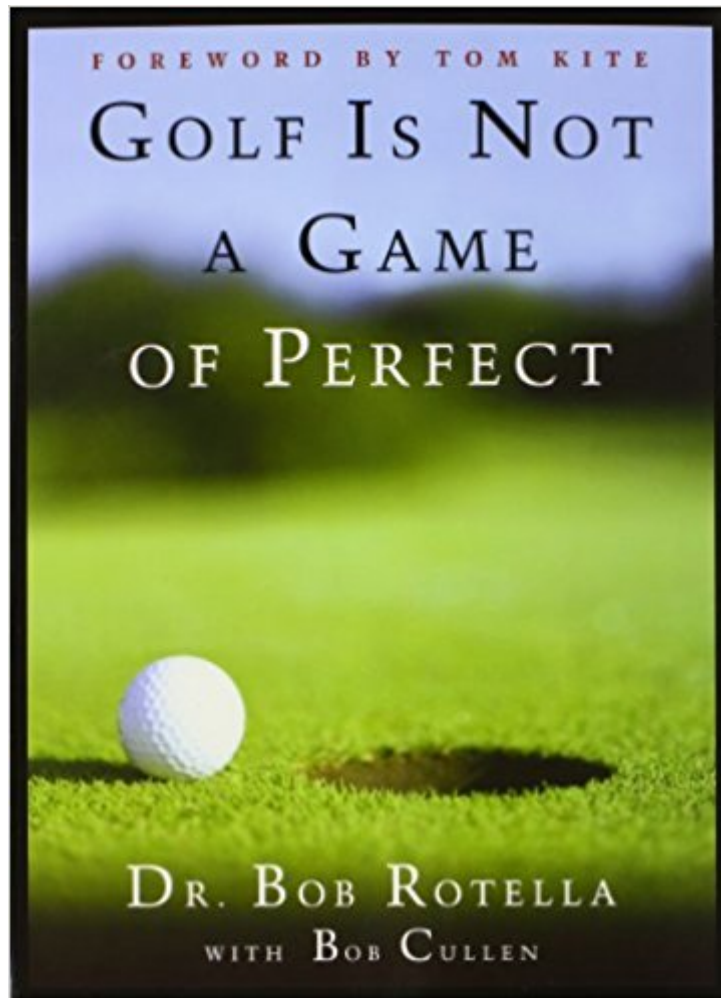




The book was found

Golf Is Not A Game Of Perfect



Synopsis

Filled with insightful stories about golf, Dr. Bob Rotella's delightful book will improve the game of even the most casual weekend player. Dr. Bob Rotella is one of the hottest performance consultants in America today. Among his many professional clients are Nick Price (last year's Player of the Year), Tom Kite, Davis Love III, Pat Bradley, Brad Faxon, John Daly, and many others. Rotella, or "Doc" as most players refer to him, goes beyond just the usual mental aspects of the game and the reliance on specific techniques. What Rotella does here in this extraordinary book, and with his clients, is to create an attitude and a mindset about all aspects of a golfer's game, from mental preparation to competition. The most wonderful aspect of it all is that it is done in a conversational fashion, in a dynamic blend of anecdote and lesson. And, as some of the world's greatest golfers will attest, the results are spectacular. Golfers will improve their golf game and have more fun playing. Some of Rotella's maxims include: -On the first tee, a golfer must expect only two things of himself: to have fun, and to focus his mind properly on every shot. -Golfers must learn to love 'the challenge when they hit a ball into the rough, trees, or sand. The alternatives "anger, fear, whining, and cheating" do no good. -Confidence is crucial to good golf. Confidence is simply the aggregate of the thoughts you have about yourself. -It is more important to be decisive than to be correct when preparing to play any golf shot or putt. Filled with delightful and insightful stories about golf and the golfers Rotella works with, *Golf Is Not a Game of Perfect* will improve the game of even the most casual weekend player.

Book Information

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Customer Reviews

One of golf guru Jim Flick's mantras is that golf is 90 percent mental, and the other 10 percent is mental, too. Dr. Bob Rotella, a noted sports psychologist and performance consultant, roots around the golfer's mind to expose--and analyze--the doubts, the fears, and the frustrations that haunt anyone who's ever picked up a club and swung it. Through anecdote and aphorism he suggests how these mental and emotional hazards can be played through, and, regardless of skill level, how teeing off with a more positive and confident outlook will translate into better performance.

Tom Kite from the foreword In the first twelve years of my life on the PGA Tour, I had established myself as a pretty decent player, but had only won five official tournaments. In the ten years since meeting Doc, I have won fourteen tournaments, played on the Ryder Cup team, and won my first major, the U.S. Open. To say that I think Doc has helped make me a better player would be an understatement. Nick Price Bob Rotella's knowledge and practical approach to psychology have been an enormous help to me. He has an uncanny knack of being able to turn the most complicated situation into a simple one. Pat Bradley Bob Rotella helped me to be my own best friend and to get to the next level of my career. Brad Faxon I was at a point where I was taking golf so seriously that I wasn't enjoying it any more. Bob Rotella taught me to throw away doubt and fear, and as a result I am enjoying golf, learning more, and playing better.

Bought this for my 14 year old to help him tackle the mental side of the game. He's enjoying the read and says he's got some good stuff out of it. My understanding is that it is written pretty plainly and directly with many anecdotes and examples from famous golfers. He's not a big reader, but this seems to be one for him.

Very interesting. I found myself applying the theories not only to me, but also my playing partners. I will be reading this book a second and even a third time to improve my attitude towards the game of golf.

Get your mind right with this fascinating read. Take notes as you go along - these will help you become a better golfer NO DOUBT!

This book was given to me by a friend after I told him of my inability to play my best game in competition. It worked incredibly!!

Love this book! And great read for wa walk thru Life & Golf. Inspiring psychological perspective on the parallels of both. Highly recommend written or audio version.

Great 'common sense' insight into the right place a golfer - or anybody for that matter - should think about golf and life. I'll be looking for more from Bob Rotella!!!

Bob Rotella inspires thinking about your golf game in new ways. My game improved after decades playing. I'll never be good because I don't want to practice enough. But getting your head straight makes a difference even for mediocre players.

A MUST READ! RATE THIS BOOK WITH HARVEY PENICK'S "LITTLE RED BOOK"!!!! THANK YOU!

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