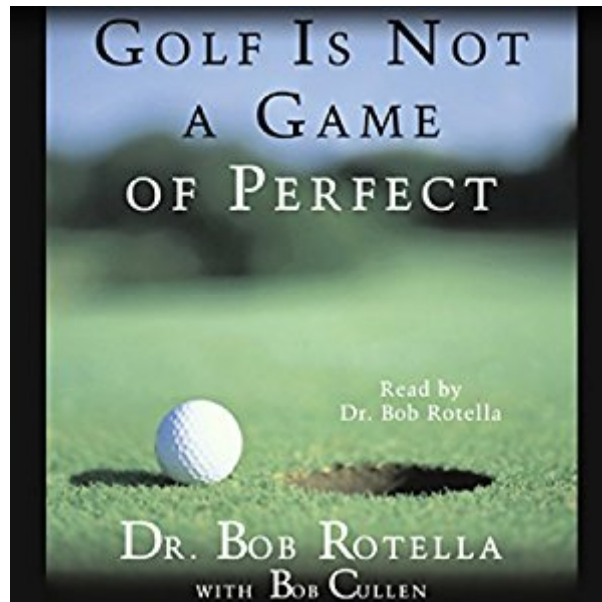


The book was found

Golf Is Not A Game Of Perfect



Synopsis

GOLF IS NOT A GAME OF PERFECT Listen to the teacher that teaches today's top professionals. Dr. Bob Rotella is one of the hottest performance consultants in America today. Among his many professional clients are Nick Price, Tom Kite, Pat Bradley, John Daly, and many others. In *Golf Is Not A Game Of Perfect*, 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. Rotella creates an attitude and a mindset about all aspects of a golfer's game, from mental preparation to competition and with a conversational fashion in a dynamic blend of anecdote and lesson. Rotella helps golfers improve their golf game and have more fun playing. Some of his 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. 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. --This text refers to the Calendar edition.

Book Information

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Customer Reviews

This book provides incredible insight into the game of golf. Rather than attempting to teach the infamous "perfect swing," Dr. Rotella allows the reader to maintain his current swing and instead he addresses the mental side to lower scores. Whether you are a beginner or carry a low handicap, this book is sure to knock strokes off. This book enables a player to think correctly on the course

and develop confidence in his game. It is easy and fun to read since Rotella recalls past memories that support his point. I'd recommend this book for yourself or as a gift. I re-read chapters nightly before playing in tournaments as an instrument to mentally prepare myself. It has helped me to win national junior events and I guarantee that it will help you as well. Hit 'em straight!

As a 7 handicap trying to figure out how to shave those extra strokes off to get into the low single digit territory this was a nice surprise which helped to complete my library of essential golf books. the seminal work on golf (and perhaps) sports psychology from Dr. Bob Rotella. The book works on a number of levels as follows: #1. as a rare and excellent guide on how to prepare oneself mentally for the game and how to remain focused during a match; #2. as a series of anecdotal chapters covering a number of the game's top name players and how they are using Rotella's straight forward and insightful techniques to play better golf; #3. as an instructional piece and #4. as a guide for getting the most out of your practise. Any one of the above would make it good, all 4 in combination make it a must have for golfers at all levels. (ps I'd also recommend as essential golf reading Jack Nicklaus's "Golf My Way," Tom Watson's "Getting It Up and Down from 40 Yards and In" and, of course, Harvey Penick's "Little Red Book")

The most enjoyable golf you can play is effortless and pressure free. "Doc" Rotella's "Golf Is Not a Game of Perfect" has literally liberated me from myself. I was definitely in my own way, halting my own progress. My swing coach brought me from a 35 handicap to a 16 handicap in two summers. Doc brought me down to a 10 handicap in six weeks, and I am still improving. Two key facets in the book grabbed me. First is, "The best swing thought is no swing thought!" This was riveting and when I finally let go and trust my swing, the ball went longer and straighter. Consistency and lower scores were the result. The second facet dealt with putting. Doc emphasized "When you land the green, hole the put, no matter the distance!" What a confidence and result booster!! My goal was to become a single digit handicapper by the end of summer 2001. I still have three weeks to lose one stroke and achieve my goal. I am convinced it will happen. On June 26th, I had a milestone. After reading Doc's book, I shot my first ever and only sub-par round of 35 for nine holes on a par 36 executive course here in Indianapolis. I had a playing partner and asked him to sign the card. It is now framed and sitting in my office. That was fun. Thanks Doc!! -Gary in Indianapolis.

I was a mental midget on the golf course. Despite my low handicap, I was capable of shooting 90 anytime out. My swing and tempo would just go away. Sometimes only for a few holes, sometimes

for a few weeks. It all had to do with my mental approach. I would go "unconscience" for weeks and shoot my standard round in the 70's, then I would wake up and decide to "think", and all of the sudden I was a mess. The guys at my club called me Jekyll or Hyde, depending on who I was that day. I won my club championship in 1995, finished 2nd in 1998, then failed to qualify by shooting 92 in 1999. I was almost ready to go to a shrink, and I considered being hypnotized. I went to a local pro that I knew casually for a lesson, and he told me after 10 swings that I was fine physically. I told him about my troubles. He confirmed that I had mental issues on the course, and instead of nitpicking a with a solid swing, he recommended I read this book. He even gave me his copy. I got through it in 2 sittings, bought my own, and now refer to it often. I have attained a tremendous level of consistency and rediscovered my confidence. My USGA handicap has dropped back to the 4's. I am thrilled, because I went as high as 9 after a month of complete futility last season. The only reason it stayed that low was because they toss out your 10 highest scores from your last 20 rounds when computing the handicap. My average score was almost 12 shots higher than the previous year. I don't have the vocabulary required to adequately praise this book. All I can say is BUY IT! I still can not believe what it did for me. I haven't had any funky spells since reading it, and my entire approach to the game has changed for the better. Good luck.

Simply put, this book is incredible. I am a 16 year old addict, who was last year, the worst player on the school team. I had taken lessons from pros, watched instructional videos, and attended numerous golf camps. At the beginning of the this year's season, I was considering quitting, when I picked up this little treasure. Bob Rotella's book has completely changed my attitude about this wonderful game. It taught me to forget about what other people thought about my game and remember how to have fun. Due to the weather this year, our golf season was only two weeks long. It took me one week to make junior varsity, and I give half of the credit to this book, and half of the credit to me for reading it. By utilizing the mental techniques found in "Golf Is Not A Game Of Perfect," I was smashing my previous scoring records and setting new ones almost every round! I was shooting in the mid-70's (9 holes) last year, and now I consistently score in the low 40's! This fantastic book is the real deal!

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