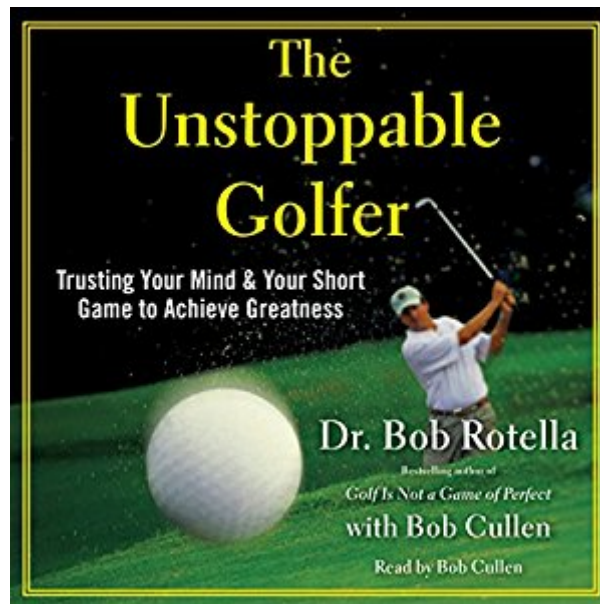


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The Unstoppable Golfer: Trusting Your Mind & Your Short Game To Achieve Greatness



Synopsis

From the best-selling author of *Golf Is Not a Game of Perfect*, and the preeminent golf psychologist to the game's top players, comes the defining guide to mastering the enormous challenges of chips, pitches, bunker shots, and putts. It is no secret that more than two-thirds of the shots a golfer makes are short ones: putts, chips, and pitches. Long drives may garner applause, but whether a golfer wants to win the Masters or just five bucks from a friend on Saturday morning, it's the little shots that make the difference. In *The Unstoppable Golfer*, Dr. Bob Rotella takes the same wisdom and experience that have worked for clients like Davis Love III and David Toms to help you master this special art of short shots and avoid all the frustration out of this increasingly challenging element of the game. Requiring extraordinary levels of concentration, the short game is typically a source of fear for amateurs and pros alike. Here Dr. Rotella teaches listeners how to overcome that fear by using their minds to achieve a state of calm in which focus is on one thing alone: the hole. In addition, he explains the science of memory and how knowledge of the brain's workings-especially those areas that deal with physical tasks-can markedly improve a golf game, particularly when it comes to getting out of a bunker or taking the measure of a long putt. For casual and dedicated golfers alike, a better short game provides one of the ultimate pleasures of the game-a pleasure they will come to know by training their minds with *The Unstoppable Golfer*.

Book Information

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Customer Reviews

I love the short game in golf. There's no question that striking a full shot is satisfying and

momentarily rewarding, but quite frankly there's a certain sameness to it that fails to hold interest very long. The short game, though, is predicated on variety. Chips, pitches, bunker blasts, bump-and-runs, digging a ball out of the collar of rough a dozen feet from the pin--every shot is different, every shot makes you think, and every shot really, really counts. And then there is putting, which is the most nerve-wracking of all. In *The Unstoppable Golfer*, Dr. Bob Rotella, golf psychologist to stars like Keegan Bradley, Padraig Harrington, and Darren Clarke, says, "...nearly all golfers have the physical ability required to pitch the ball, to chip it, to putt it. If we're not doing those things, it's because we're somehow stopping ourselves." In other words, we get in our own way. Rotella says it's often fear that crowds our minds, pushing and shoving its way and calling out for negative images, contradictory swing thoughts, and herky-jerky responses. The solution? To achieve a state of calm by focusing on one thing: the hole. He couldn't be more right, of course. If you focus on your target, visualize the ball getting there, and commit to a play based on belief in its success, you're more than half-way to a great short game. Rotella fills the book with stories of his students (patients?) who learned to quiet their minds and let their instincts lead them to better golf. He covers no swing mechanics, but does break down how your mind should work when faced with typical short game situations like pitch shots over hazards, getting up and down from a bunker, and lining up long putts to go in rather than just lag close.

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