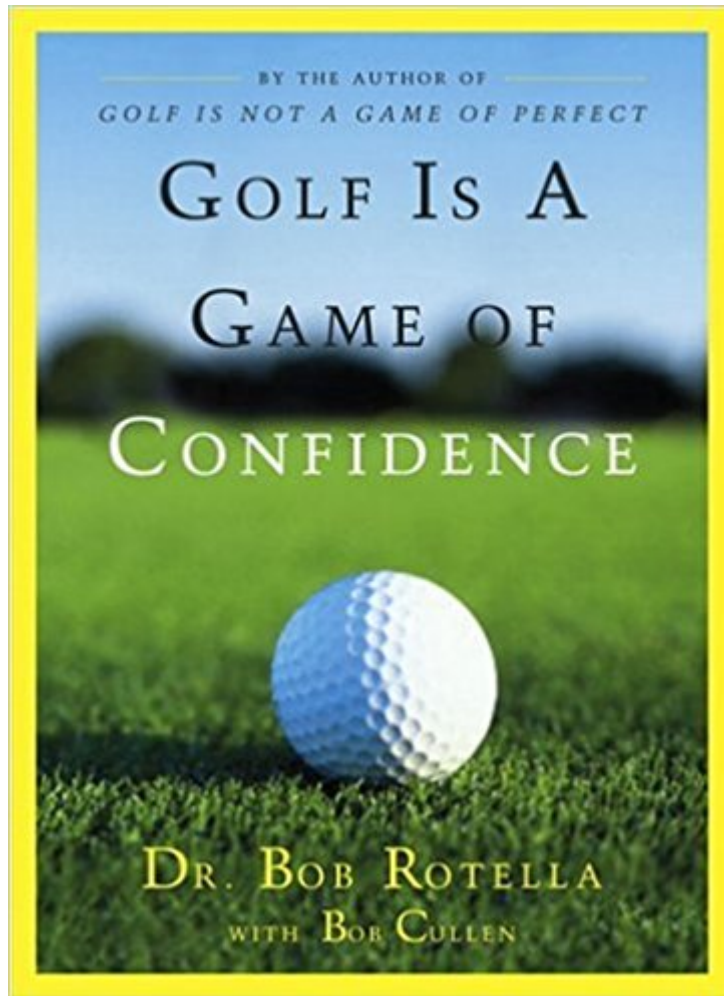




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# Golf Is A Game Of Confidence



## Synopsis

From the author of the bestselling *Golf is Not a Game of Perfect* comes a masterly illumination of golf's mental game. When that book was published, Dr Bob Rotella made accessible for the first time what he had learned from working with the best golfers in the world. Dr Rotella follows up the success of *Golf is Not a Game of Perfect* with a book filled with anecdotes and motivational instruction focusing on the most important skill a golfer can have: the ability to think confidently. Filled with inspirational stories about the great players, great courses and great tournaments, *Golf Is a Game of Confidence* encourages golfers, no matter what their level, to reach new heights in their games and their lives.

## Book Information

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## Customer Reviews

Director of sports psychology at the University of Virginia, Rotella (*Golf Is Not a Game of Perfect*) writing with freelancer Cullen, offers advice not unlike that preached by Harvey Penick, which is to visualize each shot before it is made. But he has other words of wisdom as well: have an overall game plan; practice enough so that in tourney play it is almost automatic; learn when to be patient and when to be aggressive; and, above all, have fun. Rotella illustrates his lessons with chapters based on 18 golfers he has worked or talked with, some famous like Byron Nelson, Pat Bradley, Davis Love III and Tom Kite, but others less well known, like a New Jersey accountant who finally broke 80, a Virginian who won that state's Senior Amateur tournament and his own father, whom he introduced to the game at age 63. He also has observations on controlling anger, bouncing back from defeat, coping with near-disabling illness and learning confidence. Links addicts at any level

can learn from Rotella's recommendations. Copyright 1996 Reed Business Information, Inc.

If golf is 90 percent walking, 9 percent talking, and 1 percent swinging, the other half--as Yogi Berra would say--is mental. Hence the abundance of head-game advice, to which golf psychologist Rotella, author of the popular *Golf Is Not a Game of Perfect* (1995), adds this collection of 18 case histories. Though his "patients" range from pros like Brad Faxon and Davis Love to unknown hackers, Rotella supplies the same prescription for them all: "Confidence is playing with your eyes." He explains what he means by this aphorism through the experiences of his patients, all of whom learn that the mental side of the game drives the physical. An inspirational illustration of the problems and possibilities that every golfer faces. Gilbert Taylor

The author does an excellent job of demonstrating the attitudes and states of mind that should prevail in the process of playing the game whether for fun or in tournament play. The results are better and at the same time there is greater feeling of peace as opposed to aggravation, anger and frustration. Suddenly you walk away from the 18th hole and say to yourself, "Hmm! A few bad shots but, boy, that was fun!". I think I'll do it again.

Totally awesome!

It got a little slow with all the detailed shots in tournaments. I skimmed the portions of the book and focused on the ideas of how and why a golfer should stay in the present. Good examples of this.

Bob Rotella inspires thinking about your golf game in new ways. Love it

It is no coincidence that Dr. Bob Rotella works with many of the great PGA tour players on a regular basis. In this audio he puts together some of his greatest thoughts on how to mentally approach the game. What I like best is how specific he gets. What to think about when walking down the fairway or as you are getting ready to putt. For single digit handicappers trying to take it to the next level, the mental game becomes a very significant factor (often even more important than the physical). Dr. Rotella gives you a great foundation in these 2 discs. "Golf is a game that is played on a five-inch course - the distance between your ears." ~Bobby Jones

Easy to read in small segments. The stories are a bit repetitive in terms of reminding the reader how to maintain confidence by following a repeatable process. None of the stories was familiar to me, so I enjoyed almost all of them. Especially like the stories about amateur golfers with a handicap over a 2! Easy to relate to those stories.

Fantastic. Will absolutely provide a unique perspective to take with you to the course. Has me motivated to improve my game.

This is a reality check on why the head is not always in the right space for our beloved game. It demonstrates the need for constant thinking and concentration. I fit the mould of an experienced golfer who now struggles with the mental balances required when my game goes wrong-seems harder to handle now than when I was younger. This book is most helpful in coping with these complications.

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