

## Golf Is Not A Game Of Perfect

*A collection of wit and wisdom on golf offers practical advice to everyone from golf pros--including Tom Kite, Ben Crenshaw, and Sandra Palmer--to high-handicap amateurs. 20,000 first printing.*

*Two legendary coaches give golfers a powerful new approach to the game... and to life. As coaches to some of golf's top players, Pia Nilsson and Lynn Marriott have designed and refined a revolutionary way of teaching the game, with phenomenal results. They don't believe in prescribing the same stance, grip, and swing to everyone, followed by hours of purposeless drilling. They don't even believe in beginning with physical technique. Their success has proven to them that a great game begins with a great vision. Unlike any other golf book, *Every Shot Must Have a Purpose* offers cutting-edge techniques for integrating the physical, technical, mental, emotional, and social parts of a player's game. The book's revolutionary pre-shot routine will improve your focus, leading to a golf swing that is not only successful but can be repeated under extreme pressure. Emphasizing the individual golfer rather than a rigid set of mechanics, their VISION54 method takes the frustration out of the game. Why 54? Because they believe it's possible to shoot a 54 (making a birdie on every hole of a par-72 course) if you have the right mind-set and well-honed intuitive power. An engaging read for the beginner or the seasoned golfer, *Every Shot Must Have a Purpose* is inspiration for life, not just the links.*

*A "guide to success in all aspects of life-- not just sports-- from business to relationships to personal challenges of every variety"--Amazon.com.*

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*Most people think talent is genetically determined. Either you can sing or you can't. You get calculus or it's beyond you. You have what it takes to succeed -- or you don't. The truth about human performance is far more encouraging, says Dr. Bob Rotella in *Life Is Not a Game of Perfect*. Dr. Rotella, the bestselling author of *Golf Is Not a Game of Perfect* and *Golf Is a Game of Confidence*, believes that talent, as conventionally defined and measured, plays a secondary role in determining one's fate. Far more important is real talent, a combination of character, attitude, and devotion, which makes greatness possible. And the good news is that anyone can develop real talent. As always, Dr. Bob Rotella speaks from experience. He has made a career of helping people chase and catch their dreams. His authority as a sports psychologist is well known. Golfers from Tom Kite to David Duval to Pat Bradley have relied on him to help them break through to triumphs on the PGA Tour. But Bob Rotella's practice extends beyond the sports world. He is a consultant on performance enhancement to leading businesses such as Merrill Lynch, General Electric, and PepsiCo. He has worked with successful people in businesses ranging from law to entertainment. From hundreds of clients and countless students, Dr. Bob Rotella has learned what works. In *Life Is Not a Game of Perfect*, he shares what he has learned and what he teaches his clients. Real talent, he explains, is "brilliance of a different sort." It is the nerve to choose a career doing something you love or the ability to learn to love what you do. It is courage, persistence, and determination. It is the ability to handle failure and honor commitments. Whether you think so or not, real talent is within your grasp. In *Life Is Not a Game of Perfect*, Dr. Bob Rotella will help you make it a decisive element in your life. He can show you how to identify and cultivate the qualities that lead to success, prosperity,*

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*and happiness.*

*18 Sure-fire Ways to Improve Your Game at Home Or in the Office*

*Harvey Penick'S Little Red Book*

*Putting Out Of Your Mind*

*Extraordinary Golf*

*In Sports and in Life*

*The Battle for the Soul of a Game in an Age of Science*

*The Culture of Golf - Isn't It Just a Game?*

***Master the Art of Putting—even in the OFF-SEASON! Perfecting your putting skills is a surefire way to improve your golf score. From tricky short putts to challenging distance putts, these 18 single- and multiplayer games are designed to help you conquer the most frequent shot in golf any time of year. Challenge your friends and family to an Indoor Open and attempt to putt your way to victory. Complete with putting tips, a scorecard, and instructions on hosting your own Indoor Open, this book will make you an expert putter whether you're a seasoned pro or picking up a golf club for the first time.***

***'You drive for show, you putt for dough'. This old saying is***

*familiar to all golfers and Bob Rotella, one of the foremost authorities on golf today, is a firm believer in its truth. In Putting out of Your Mind he reveals the unique mental approach that great putting requires and helps golfers of all levels master this essential skill. Much like Golf Is Not a Game of Perfect and Golf Is a Game of Confidence, Putting out of Your Mind is a resonant and informative guide to achieving a better golf game. While most golfers spend their time trying to perfect their swing so they can hit the ball further, Rotella encourages them to concentrate on their putting, the most crucial yet overlooked aspect of the game. Great players are not only aware of the importance of putting, they go out of their way to master it. And of course mastery begins with an understanding of the attitude needed to be a better putter. Rotella's mental rules, which have helped some of the greatest golfers in the world to become champion putters can now work for golfers everywhere. With everything from true-life stories from some of the greats to dozens of game-changing practice drills, Putting*

*out of Your Mind is the new bible of putting, and is sure to bring about immediate results for anyone who plays the game. "Golf is a beloved yet technical game, so a sound swing and precise technique are essential. Most golfers who want to improve their skills go to the range and work painstakingly on their swings, not realizing it's often their performance state on the course that needs work, not their technique. Simple things such as awareness of your balance, tension, and tempo, as well as the ability to control mental, emotional, and social variables you encounter while playing can quickly take your game to a new performance level. Pia Nilsson and Lynn Marriott, founders of VISION54's ... golf program, are here to help"--*

*NEW YORK TIMES BESTSELLER "Reilly pokes more holes in Trump's claims than there are sand traps on all of his courses combined. It is by turns amusing and alarming." -- The New Yorker "Golf is the spine of this shocking, wildly humorous book, but humanity is its flesh and spirit." -- Chicago Sun-Times "Every one of Trump's most disgusting*

qualities surfaces in golf." -- *The Ringer* An outrageous indictment of Donald Trump's appalling behavior when it comes to golf -- on and off the green -- and what it reveals about his character. Donald Trump loves golf. He loves to play it, buy it, build it, and operate it. He owns 14 courses around the world and runs another five, all of which he insists are the best on the planet. He also claims he's a 3 handicap, almost never loses, and has won an astonishing 18 club championships. How much of all that is true? Almost none of it, acclaimed sportswriter Rick Reilly reveals in this unsparing look at Trump in the world of golf. Based on Reilly's own experiences with Trump as well as interviews with over 100 golf pros, amateurs, developers, and caddies, *Commander in Cheat* is a startling and at times hilarious indictment of Trump and his golf game. You'll learn how Trump cheats (sometimes with the help of his caddies and Secret Service agents), lies about his scores (the "Trump Bump"), tells whoppers about the rank of his courses and their worth (declaring that every one of them is worth \$50

*million), and tramples the etiquette of the game (driving on greens doesn't help). Trump doesn't brag so much, though, about the golf contractors he stiffes, the course neighbors he intimidates, or the way his golf decisions wind up infecting his political ones. For Trump, it's always about winning. To do it, he uses the tricks he picked up from the hustlers at the public course where he learned the game as a college kid, and then polished as one of the most bombastic businessmen of our time. As Reilly writes, "Golf is like bicycle shorts. It reveals a lot about a man." Commander in Cheat "paints a side-splitting portrait of a congenital cheater" (Esquire), revealing all kinds of unsightly truths Trump has been hiding.*

*Conquering the Mental Game*

*The Inner Game of Golf*

*Commander in Cheat*

*Lessons And Teachings From A Lifetime In Golf*

*How GOLF54 Can Make You a Better Player*

*The Complete Book of Golf Games*

### ***It's Only a Game***

A leading sports psychologist and performance enhancement coach discusses the inner mental game of golf and the tools golfers need to transform their games

The classic guide to sharpening your mind and raising your performance—on the green, and in the game of life. “The best sports psychology book ever written about golf.”—Inside Golf W. Timothy Gallwey’s bestselling Inner Game books—with more than one million copies sold—have revolutionized the way we think about sports. As he did in his phenomenally successful The Inner Game of Tennis, Gallwey provides methods that can be applied to situations beyond the green. The Inner Game of Golf delivers strategies to achieve potential—both in the crucible of competition and in everyday life. With Gallwey as a guide, you’ll learn how to

- defeat your mental demons and find clarity under pressure
- dispel tensions that can sabotage your performance
- build confidence and overcome insecurities that can hijack your best instincts
- employ the art of “relaxed concentration” to improve your swing, your game, and your life

No matter what your skill set, Gallwey’s pioneering strategies,



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real-life examples, and illuminating advice are perfect for anyone who strives to be a champion on and off the course. Buy now to get the main key ideas from Bob Rotella's *Golf is Not a Game of Perfect* Books about the mechanics of golf are many, but few have been written about the mental aspect of the game. In *Golf Is Not a Game of Perfect* (1995), sports psychologist Dr. Bob Rotella explores the importance of adopting the right mindset in golf. Some players work hard on perfecting their mechanics, but eventually get stuck and stop improving. Rotella explains that mechanics should never be the main focus, whether you are practicing or competing. Confidence is key, and it beats mechanics any day.

The instant New York Times bestseller from acclaimed Sports Illustrated writer Michael Bamberger—a warm, nostalgic, intimately reported account of golf's greatest generation, and “maybe the best golf book I've ever read” (Bill Reynolds, *The Providence Journal*). With “exceptional insight into some of America's greatest players over the last half-century” (*The Philadelphia Inquirer*), *Men in Green* is to golf what Roger Kahn's *The Boys of Summer* was to baseball: a big-hearted account

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of the sport's greats, from the household names to the private legends, those behind-the-curtain giants who never made the headlines. Michael Bamberger, who has covered the game for twenty years at Sports Illustrated, shows us the big names as we've never seen them before: Arnold Palmer, Jack Nicklaus, Tom Watson, Curtis Strange, Fred Couples—and the late Ken Venturi. But he also chronicles the legendary figures known only to insiders, who nevertheless have left an indelible mark on the sport. There's a club pro, a teaching pro, an old black Southern caddie. There's a tournament director in his seventies, a TV director in his eighties, and a USGA executive in his nineties. All these figures, from the marquee names to the unknowns, have changed the game. What they all share is a game that courses through their collective veins like a drug. Was golf better back in the day? Men in Green weaves a history of the modern game that is personal, touching, inviting, and new. This meditation on aging and a celebration of the game is "a nostalgic visit and reminiscence with those who fashioned golf history...and should be cherished" (Golf Digest).

An African American History of Golf

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Atlas Shrugged

Writings on Golf

Ben Hogan's Five Lessons

The Seven Lessons for the Game of Life

Zen Golf

Every Shot Must Have a Purpose

***My purpose in developing this book is twofold. As a golf and club industry consultant I hope to help more clubs thrive economically by providing food for thought about how to make the game grow. As a lifelong and socially sensitive golfer, I hope to help the game grow while making it more inclusive and look more like society in general. Golf has been my avocation and my vocation for nearly 40 years. It's the greatest game there is and I feel like its culture is the game's own worst enemy. The Culture of Golf - Isn't it Just a Game? is intended to provoke thought among golfers, golf leaders, course owners, club leaders and others about how the game can grow while preserving the game's best traditions and evolving beyond some of the others. I believe golf should be reaching a broader segment of the population, not be elitist and aspirational. It's the game of a lifetime and its virtues can be shared more widely and benefit more people, all while making the game healthier.***

***John Updike wrote about the lure of golf for five decades, from the first time he teed off at the age of twenty-five until his final rounds at the age of seventy-six. Golf Dreams collects the most memorable of his golf pieces, high-spirited evidence of his learning,***

*playing, and living for the game. The camaraderie of golf, the perils of its present boom, how to relate to caddies, and how to manage short putts are among the topics he addresses, sometimes in lyrical essays, sometimes in light verse, sometimes in wickedly comic fiction. All thirty pieces have the lilt of a love song, and the crispness of a firm chip stiff to the pin.*

*This groundbreaking history of African Americans and golf explores the role of race, class, and public space in golf course development, the stories of individual black golfers during the age of segregation, the legal battle to integrate public golf courses, and the little-known history of the United Golfers Association (UGA)--a black golf tour that operated from 1925 to 1975. Lane Demas charts how African Americans nationwide organized social campaigns, filed lawsuits, and went to jail in order to desegregate courses; he also provides dramatic stories of golfers who boldly confronted wider segregation more broadly in their local communities. As national civil rights organizations debated golf's symbolism and whether or not to pursue the game's integration, black players and caddies took matters into their own hands and helped shape its subculture, while UGA participants forged one of the most durable black sporting organizations in American history as they fought to join the white Professional Golfers' Association (PGA). From George F. Grant's invention of the golf tee in 1899 to the dominance of superstar Tiger Woods in the 1990s, this revelatory and comprehensive work challenges stereotypes and indeed the fundamental story of race and golf in American culture.*

*A follow-up to the best-selling Zen Golf outlines key principles that invite players to*

***build a greater understanding of the process of putting rather than its results in a guide that describes how to overcome psychological obstacles and achieve peak performance.***

***Golfmind Play***

***Golf's Holy War***

***Golf All-in-One For Dummies***

***Play Your Best Golf Now***

***The Power of Passion and Perseverance***

***Life is Not a Game of Perfect***

***Discover VISION54's 8 Essential Playing Skills***

**An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.**

**Two of golf's most revolutionary teachers share a personalized approach to accessing your peak performance. "The VISION54 approach is far more than just pure golf technique, it allows an individual to unlock their true potential by opening their mind and believing anything is possible to achieve." - David Leadbetter, David Leadbetter Golf Academy Pia Nilsson and Lynn Marriott are Complete Game Coaches, leaders of a new kind of golf instruction that focuses on more than just the grip, the stance, and the swing. Their VISION54 method targets the complete golfer-the whole person-not just the technical aspects of the game. Their coaching philosophy focuses on possibilities, not limitations, with an end goal of MY54-the idea that any golfer can reach their own personalized version of peak performance, scoring nothing but birdies on a par-72**

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course. Building on the core concepts introduced in *Every Shot Must Have a Purpose* and the strategic thinking in *The Game Within the Game*, *Play Your Best Golf Now* takes the mystery out of the soft skills of golf and shows golfers how to add these skills to their game for peak performance. Players learn to master the 8 Essential Playing Skills: 1. LEAVE YOUR MIND BEHIND and enter the Play Box 2. DECIDE AND COMMIT to your shots 3. FIND YOUR BALANCE both physically and mentally 4. FEEL YOUR TEMPO on the course and dance to its rhythm 5. TAME TENSION to improve your swing 6. BUILD EMOTIONAL RESILIENCE 7. STORE MEMORIES and learn from the past to make a better present 8. DROWN SELF-TALK IN USEFUL THOUGHTS And the 2 Essential Practice Skills: 1. SIMULATE GOLF on the practice range to maximize your time and effort 2. INTEGRATE SKILLS and practice with a plan These Essentials complement the technical anchors of the game-the grip, the stance, the swing-and give players a foundation for achieving their peak performance. MY54 is the vision, and these are the building blocks for achieving a higher level of play.

From the best-selling author of *ZEN GOLF: Mastering the Mental Game* and the tennis champion and world record holder of the Golden Set comes the most innovative and powerful book since *The Inner Game of Tennis*. Combining deep Eastern wisdom and practical tennis expertise, *ZEN TENNIS* will help you get out of your own way and into the Zone.

**Golf Is Not a Game of Perfect** Pocket Books

**Outsmarting Your Brain to Play Your Best Golf**

**Your Ultimate Guide to Better On-Course Performance and Lower Scores**

### **Finding Your Real Talent and Making It Work for You**

### **Mastering the Mental Game**

### **Golf Through the Eyes of a Child**

### **Mastering Golf's Mental Game**

### **Zen Tennis**

The golf psychologist credited with helping Phil Mickelson win the British Open in 2013 outlines his mental approaches to the game, explaining how to wholly embrace the mind, body and spirit while eliminating over-thinking and stress. 40,000 first printing.

A detailed plan for conquering the FEAR that sabotages swings and ruins psyches, from the pioneering psychologist whose techniques have benefited Davis Love III, Justin Leonard, and numerous other world-class golfers. As Jack Nicklaus once observed, fear is the golfer's greatest enemy, inspiring Tiger Woods to "refuse" to give in to this debilitating emotion. It can turn professionals into jelly and dominate the games of most amateurs. It alters swing paths, causes "tap-in" putts to go awry, and transforms a golfer from a brilliant shot-maker on the practice range into an incompetent hack on the course. Most golfers understand this, but do not have the tools to overcome it. That's where Dr. Gio Valiante comes in. A pioneering sports psychologist, Valiante has studied the sources of an athlete's fear, investigated the physiological and neurological impact of fear

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on performance, and, most important of all, developed a groundbreaking program for conquering it. With Valiante's help and by applying Fearless Golf, Justin Leonard went from three consecutive missed cuts to three consecutive top tens, and Chad Campbell recently moved from 98th in the world to 7th. Davis Love III went from zero wins in 2002 to four wins in 2003, and Chris DiMarco made the 2004 Ryder Cup Team. Emphasizing the need to replace a fixation-on-results with a commitment to mastery of one's body and one's mind, Valiante's approach will not only help golfers reach their true potential, it will make playing every round fun again. Through concrete confidence and mastery drills, he presents specific ways readers can break free of fear's grasp and perform at their best—even under the most extreme pressure. With detailed quotes and anecdotes given exclusively to Dr. Valiante from the best players in the game—including Jack Nicklaus, Ernie Els, and other tour professionals, Fearless Golf is the ultimate guide to the mental game, the hottest topic in golf today. Discover how to reach your greatest potential in golf by focusing only on the shot in front of you—nothing before or after—with the world's preeminent sport psychologist, Dr. Bob Rotella. Acclaimed sport psychologist and bestselling author Dr. Bob Rotella has advised countless professional golfers, as well as athletes in individual and team sports at the amateur and professional levels, on how to flourish



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under pressure and win championships. Rotella strives to make average athletes exceptional. With his decades of in-depth research and practical experience, he has encouraged people worldwide to persevere through adversity in a dozen internationally bestselling titles. In *Make Your Next Shot Your Best Shot*, Rotella's message is simple but effective: to reach your greatest potential in golf, you need to set your sights high and always think positively. He wants you to aim for something incredible: free your mind, concentrate on your process, accept whatever happens, and commit to making your next shot your best shot. Rotella shows you how to focus your mind, create a routine for success, persevere, and overcome failure. Drawing from lessons learned in other sports, this book is about how to train your mind to play in the moment. It's about spending your lifetime chasing greatness—and having a ball while doing it.

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-genius everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives

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success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll.

“Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review).

Among *Grit*’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Wittingly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

Be a Player

Little Book of Indoor Golf Games

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Make Your Next Shot Your Best Shot

Summary of Bob Rotella's Golf is Not a Game of Perfect

Mastering the Mental Game on the Greens

Golf for Enlightenment

*Bobby Jones' story of his life in golf, with his advice on improving one's game. Instructions about striking the ball, handling clubs, swings, etc.*

*Peopled by larger-than-life heroes and villains, charged with towering questions of good and evil, Atlas Shrugged is Ayn Rand's magnum opus: a philosophical revolution told in the form of an action thriller—nominated as one of America's best-loved novels by PBS's The Great American Read. Who is John Galt? When he says that he will stop the motor of the world, is he a destroyer or a liberator? Why does he have to fight his battles not against his enemies but against those who need him most? Why does he fight his hardest battle against the woman he loves? You will know the answer to these questions when you discover the reason behind the baffling events that play havoc with the lives of the amazing men and women in this book. You will discover why*

*a productive genius becomes a worthless playboy...why a great steel industrialist is working for his own destruction...why a composer gives up his career on the night of his triumph...why a beautiful woman who runs a transcontinental railroad falls in love with the man she has sworn to kill. Atlas Shrugged, a modern classic and Rand's most extensive statement of Objectivism—her groundbreaking philosophy—offers the reader the spectacle of human greatness, depicted with all the poetry and power of one of the twentieth century's leading artists. Legendary player and teacher Jackie Burke is the preeminent elder statesman of American golf. A PGA Champion, a Masters Champion, a Vardon Trophy winner, and a PGA Player of the Year, he won four consecutive tournaments in 1952; and is a winner of seventeen events on the PGA Tour, a five-time Ryder Cup member (twice as captain), and a member of the PGA, Texas Golf, and World Golf Halls of Fame. Before leaving the PGA Tour he cofounded (with Jimmy Demaret) the world-famous Champions Golf Club (host of the Ryder Cup, U.S. Amateur, and five PGA Tour Championships) and has instructed students including Phil Mickelson, Hal Sutton, Steve Elkington, Ben Crenshaw, and many*

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*other PGA Tour pros in a career that has spanned seven decades. Reverberating with the straight-talking Texas wisdom that could only come from Jackie Burke, It's Only a Game will bring the words of this venerable sage to everyone who loves the links. Spiced with anecdotes from a long and illustrious career, this stirring book features pithy insights on the nature of competition and the erosion of amateur play. Burke goes on the record about profit-minded equipment manufacturers and self-promoting golf gurus. His provocative topics include insight into why the 2004 U.S. Ryder Cup team suffered its worst defeat ever (Burke was a cocaptain), the alarmingly high cost of playing public and resort courses, country clubs that stress cosmetic appearances over the playing of the game, and a host of other topics. He also provides no-nonsense, time-tested secrets for improving anyone's golf game, based not on shallow "tips" but on a well-rounded, sensible approach to the game that he began developing before the Great Depression. Deepak Chopra has discovered the delights—and frustrations—of golf, and he is passionate about the game. Confronted by the wild ups and downs of his own play, he consulted with golf*

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*professionals and developed a new approach to the game that any golfer can follow—from the novice to the expert. The results can be measured not only in increased enjoyment and skill, but also in greater wisdom about life beyond the 18th hole. Chopra's own game has improved dramatically since incorporating the elements of his program. Instead of focusing on the mechanics of a "perfect" swing, Chopra reveals how golf can be mastered through mindfulness, a form of awareness that combines sharp focus and relaxation at the same time. Expanded awareness, he tells us, can accomplish much more than external mechanics to improve one's game. But Golf for Enlightenment is also an engrossing story about Adam, an Everyman who is playing a terrible round of golf when he meets a mysterious young teaching pro named Leela. In seven short but profound lessons detailing spiritual strategies, she teaches Adam the essence of a game that has much to explain about life itself. Chopra has spent the last year taking the unique message in Golf for Enlightenment nationwide, teaching the essential tenets of his program at lectures and seminars to golfers everywhere. His message continues to help players turn an obsession into a positive life path.*

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*Change Your Brain Change Your Game*

*Golf is My Game*

*Golf is Not a Game of Perfect*

*Fearless Golf*

*Golf Is Not a Game of Perfect*

*Playing in the Zone*

*The Secret to Playing Great Golf*

"Golf - The Last Six Inches: Change Your Brain, Change Your Game" by Sue Wieger (M.Ed, LPGA) will help you THINK, PLAY and FEEL better about yourself and your golf game; whether you are an aspiring tour player, low handicap, mid to high handicap, or even a beginner golfer. Learning or playing golf does not have to be rocket science if you start with the right attitude and mindset. Ben Hogan, the greatest player in the history of golf believed anyone with average coordination could learn to break eighty if one applies oneself patiently and intelligently. Traditional golf instruction has been driven by 80-100% mechanical focus, but yet when we survey players, they tells us "Oh yes, it's such a mental game, probably at least 80% of the game is mental." So how does focusing on mechanics help build mental toughness in players? Just like practicing good sound fundamentals and mechanics, you must practice peak performance attitude and mindset. "The whole secret to mastering the game of golf -- and this applies to the beginner as well as the pro -- is to cultivate a mental approach to the game that will enable you to shrug off the bad days, keep patient and know in your heart that sooner or later you will be back on top." - Arnold Palmer Sue Wieger's, "Golf - The Last Six Inches",

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will give you the fundamental knowledge how to build and sustain peak performance mindset. The hardest distance in golf to figure out is the six inches between your ears. This book, "Golf - The Last Six Inches" will help you figure out YOU.

Thanks to The Complete Book of Golf Games, if you can't make par, you can at least make a few bucks!

"Hi, my name is Henry! Join me as I walk you through the great game of golf and explain what it means to me." Golf Through the Eyes of a Child is a golf children's book that seeks to explore the essence of golf. Fundamental golf themes such as family, honesty, perseverance, and of course enjoyment are visited and supported by colourful illustrations in a timeless art style.

Dr Bob Rotella is one of the hottest golfing performance consultants in the world today. Unlike other performance consultants, Rotella goes beyond the usual mental aspects of the game and the reliance on specific techniques. In this extraordinary book, and with his clients, he creates an attitude and a mindset about all aspects of the golfer's game, from mental preparation to competition. And, as some of the world's greatest golfers will attest, the results are spectacular. Filled with charming 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.

Game of Privilege

Zen Putting

Grit

Golf is a Game of Confidence



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Words of Wisdom from a Lifetime in Golf

A Breakthrough Approach to Playing Better ON the Golf Course

The World Book Encyclopedia

*"Golf psychology. A guide to improve your golf even before you have swung a club."--Provided by publisher.*

*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.*

*Golfers bring more than their clubs to the course; they also*

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*bring doubt, fear and excitement - and a lot of hope. They are so intent on looking good that they often end up looking bad. A host of practical, proven exercises are combined with a whole new way of thinking. This is a book that will change your mind, your play and your entire golfing experience.*

*This is an approach to golf that stresses personal development, practical exercises are combined with a mental approach that will help you to enjoy golf more and to improve your game at the same time.*

*The professional golfer provides tips on the grip, stance, and swing of successful golf shots*

*How Golf Explains Trump*

*Golf - The Last Six Inches*

*Men in Green*

*The Art of the Possible*

*The Golf of Your Dreams*

*The Modern Fundamentals of Golf*

*How Champions Think*

By combining classic insights and stories from Zen tradition, Zen Golf helps eliminate

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the mental distractions that routinely cause poor shots and loss of concentration, allowing golfers to feel in “the zone” that professionals have learned to master. “The lessons in Zen Golf make the mental game seem so simple. Dr. Parent has given me very effective methods for working with thoughts and emotions, and for taking the negatives out of the picture.” —Vijay Singh, Masters and PGA Champion The best players know that golf is a game of confidence, and most important, concentration—the ability to focus and block out distraction. The goal of achieving clear thought is also at the heart of Buddhist teachings. In his highly original and groundbreaking book, noted PGA coach and Buddhist instructor, Dr. Joseph Parent, draws on this natural connection and teaches golfers how to clear their minds, achieve ultimate focus, and play in the moment for each shot. Zen Golf presents a simple system for building “mental game mastery.” Dr Parent’s unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. In chapters such as “How to Get From the Practice Tee to the First Tee”, “You Produce What You Fear”, and “How to Enjoy a Bad Round of Golf”, the author shares a personal teaching regimen that has helped improve the games of professionals and amateurs alike. Clear, concise, and enlightening, Zen Golf shows golfers how to prepare for, execute, and equally important, respond the results of any golf shot. A different approach to golf instruction, this book shapes ancient philosophies into new teachings.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 The dreams I want to hear about are the emotional fuel that helps people

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take control of their lives and be what they want to be. They are the goals and aspirations of golfers who are passionate about the game. #2 I heard something similar from Byron Nelson recently. He had always dreamed of owning a ranch, and golf was the only way he was going to get it. He was all but done as a competitive player when he got that ranch paid for. #3 Golfing potential depends on a player's attitude. It is the well-being of a player with the wedges and the putter, and how well he thinks. It is not dependent on a player's physical characteristics. #4 The champions I've worked with have a strong will, and they all have dreams. They make a long-term commitment to pursue those dreams. It can be difficult for a person with potential to become great if everyone around them expects them to win all the time.

The fun way to get a grip on every aspect of golf Golf is a popular spectator sport, but for those who play it's a great source of low impact cardiovascular, strength, and aerobic exercise. In addition, golf is by nature a social game that provides the opportunity to meet new people. Golf All-In-One For Dummies shows you not only how to get the most physical benefit from a round of golf, but also the tools you need to truly enjoy the game. From perfecting your swing to avoiding injuries, the proven techniques presented in this book give you everything you need to have the time of your life every time you hit the links. The basics of golf Details on the latest golf equipment and technology Tips on how to improve the short game, including putting, chipping, and getting out of tough spots Rules and etiquette that every golfer needs to know Plans for keeping fit and designing workouts to improve your game Mental tricks and exercises to help you succeed Tips on grips, stances, and swings New tips from top players on how

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to improve your game Great new courses, tournaments, players who have changed the game, and a review of golf's greatest moments Whether you already have some golf experience or are completely new to the game, Golf All-In-One For Dummies will have you playing like a pro in no time.

As Michael Lewis's bestseller *Moneyball* captured baseball at a technological turning point, this "highly entertaining, very smart book" (James Patterson) takes us inside golf's clash between its hallowed artistic tradition and its scientific future. The world of golf is at a crossroads. As technological innovations displace traditional philosophies, the golfing community has splintered into two deeply combative factions: the old-school teachers and players who believe in feel, artistry, and imagination, and the technical minded who want to remake the game around data. In *Golf's Holy War*, "an obvious hole-in-one for golfers and their coaches" (Publishers Weekly, starred review), Brett Cyrgalis takes us inside the heated battle playing out from weekend hackers to PGA Tour pros. At the Titleist Performance Institute in Oceanside, California, golfers clad in full-body sensors target weaknesses in their biomechanics, while others take part in mental exercises designed to test their brain's psychological resilience. Meanwhile, coaches like Michael Hebron purge golfers of all technical information, tapping into the power of intuitive physical learning by playing rudimentary games. From historic St. Andrews to manicured Augusta, experimental communes in California to corporatized conferences in Orlando, William James to Ben Hogan to theoretical physics, the factions of the spiritual and technical push to redefine the boundaries of the game. And yet what does it say that Tiger Woods has orchestrated one of the

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greatest comebacks in sports history without the aid of a formal coach? But Golf's Holy War is more than just a book about golf—it's a story about modern life and how we are torn between resisting and embracing the changes brought about by the advancements of science and technology. It's also an exploration of historical legacies, the enriching bonds of education, and the many interpretations of reality.

Golf Dreams