

THE GOLFER'S MIND



PLAY TO PLAY GREAT

DR. BOB ROTELLA
WITH BOB CULLEN

The Golfers Mind Play To Play Great

Monica Clyde



The Golfers Mind Play To Play Great:

The Golfer's Mind Dr. Bob Rotella, 2012-12-11 Golfers everywhere from professionals like Darren Clarke and Padraig Harrington to the humblest amateur on the driving range are familiar with the sport's Rotella Rules which reinforce the attitude needed to maximize a player's performance Now beloved Doc Rotella author of *GOLF IS NOT A GAME OF PERFECT* and *PUTTING OUT OF YOUR MIND* presents an anytime anywhere quick reference tool sure to become a vital addition to every golf bag *THE GOLFER'S MIND* gives players exactly what they want a quick reference they can carry with them easily to consult any time they need reinforcement from Rotella's guiding principles In the perfect format for the busy golfer *THE GOLFER'S MIND* is a concise and convenient guide that will appeal to Rotella's millions of followers and is sure to become a golf classic

The Golfer's Mind Robert J. Rotella, 2005 The guru who has been keeping golfers keen on the green for more than 20 years now presents a quick reference guide to the sport's most important mental elements

The Golf of Your Dreams Robert J. Rotella, Dr. Bob Rotella, 1997-11-07 Fifteen years ago the average American male golfer's handicap was 16 2 The average female golfer's handicap was 29 Today the average American male golfer's handicap is 16 2 and the average female golfer's is 29 American golfers have not gotten any better World renowned performance consultant and sports psychologist Dr Bob Rotella author of the best selling books *Golf Is Not a Game of Perfect* and *Golf Is a Game of Confidence* has written *The Golf of Your Dreams* for the golfer who is determined to get better but hasn't figured out how to go about it Building on his success with golfers Dr Rotella now teaches and details a plan for lowering your handicap ensuring your improvement if you follow his plan His program for success in playing the golf of your dreams is based on strategies found to be successful with tour players such as Tom Kite Brad Faxon Pat Bradley and Davis Love III and is similar to approaches used by Rotella's other clients who are top athletes in a variety of different sports Whereas *Golf Is Not a Game of Perfect* and *Golf Is a Game of Confidence* covered the mental aspects of the game *The Golf of Your Dreams* offers a programmatic guide for getting down to scratch or single digits It is an approach that Dr Rotella and his clients have tested for over twenty years one that has been proven to work consistently with all levels of golfers Dr Rotella knows that if you want to play your best golf ever you must admit to yourself that you want to be good and that you have the necessary talent to play well But that's not all You must commit yourself to a process that will improve your game In *The Golf of Your Dreams* Dr Rotella provides tips on how to Choose the fight teaching professional Communicate your dreams and goals to your teacher Get your teacher to teach you as a student serious about improving Make a plan for improvement with your teacher and stay committed Sustain and honor your commitment Break old habits and develop new ones Practice efficiently and effectively so you can take your learning from the practice area to the golf course Dr Rotella also discusses a piece of very good news for any golfer Great physical ability is not required in order to play exceptional golf Rotella demonstrates how characteristics such as desire patience and persistence more than physical talent enable golfers to improve their performance dramatically When these

characteristics are combined with a proven plan for success modest talent is more than enough Dr Rotella will reveal why despite the billions of dollars they have spent on new golf clubs balls and lessons average American golfers skills are stagnant and their performance is lackluster year after year Dr Rotella knows above all that simply reading a book or watching a video will not make anyone a better golfer But reading The Golf of Your Dreams will make you keenly aware of what you have to do in order to play the kind of golf you've always sensed you were capable of playing **Your 15th Club**

Dr. Bob Rotella, 2012-12-11 Dr Bob Rotella author of half a dozen bestselling books on golf including Golf is Not a Game of Perfect brings together his skills and years of experience as a golf psychologist to give readers the insight they need to improve their game before they ever step up to the tee At some point in playing the sport whether they're competing on the professional tour or enjoying a day with their foursome on any public course every golfer hits a snag in their mental game Dr Bob shows readers how to emulate Tiger become more comfortable with their own inner arrogance how to learn from better golfers and overcome fear He teaches readers easy ways to talk themselves into feeling confident and provides a detailed plan that anyone at any level can use to build self esteem both on and off the course Golf is Not a Game of Perfect Bob Rotella, 2007-09-17 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 The Mental Art of Putting Patrick J. Cohn, PhD, Robert K. Winters, 2002-11-04 An excellent aide for the putting impaired this guide teaches golfers to use their most important asset in the game within the game their minds **The Wiley Blackwell Handbook of Mindfulness** Amanda Le, Christelle T. Ngnoumen, Ellen J. Langer, 2014-03-12 The Wiley Blackwell Handbook of Mindfulness brings together the latest multidisciplinary research on mindfulness from a group of international scholars Examines the origins and key theories of the two

dominant Western approaches to mindfulness Compares contrasts and integrates insights from the social psychological and Eastern derived perspectives Discusses the implications for mindfulness across a range of fields including consciousness and cognition education creativity leadership and organizational behavior law medical practice and therapy well being and sports 2 Volumes [Singing Was the Easy Part](#) Vic Damone,David Chanoff,2009-06-09 Born Vito Farinola in Bensonhurst Brooklyn in 1928 Vic worked as an usher at the fabled Paramount Theatre before realizing a dream by shooting to the top of the Billboard Chart in 1947 with his first hit I Have But One Heart He was mentored by everyone from Perry Como to Tommy Dorsey Frank Sinatra praised his voice and became a friend for life giving him advice on singing and women Damone had one of the most successful careers ever had by an American pop singer and one of the most glamorous and exciting lives of any guy who lived while the Ratpack reigned He was almost thrown out of the window of a New York City hotel by a mobster He dated Ava Gardner who got him drunk for the first time He married glamorous Italian actress Ana Maria Pierangeli and later Diahann Carroll He appeared at the Sands Hotel during the glory days of Vegas and once took a nude chorus girl into the steam room where the Ratpack was relaxing In Singing Was the Easy Part he talks frankly about his bankruptcy his many marriages and his belief in God It s a warm funny and inspiring memoir from one of America s greatest pop singers [The Golfer's Guide to Pilates](#) Monica Clyde,2006-04-14 THE GOLFER S GUIDE TO PILATES Beginner Intermediate Advanced Pilates Workouts to improve your game plus targeted programs for flexibility stance rotation core strength shoulder turn hip turn weight shift The Golfer s Guide to Pilates shows how to upgrade your most important golf equipment you Packed with easy to learn Pilates exercises and illustrated with step by step photos this program will raise your physical ability transform your game into one of absolute control and power and ultimately lower your score The ideal fitness program for GOLFERS Longer drives Controlled iron play Steadier putting **The Golfer Mindset: Addressing Confidence and Mind State Issues** Warren St. Peter,2012-04-21 The Golfer Mindset is a comprehensive guide providing customizable and implementable strategies and tactics enabling any golfer to establish and manage a personalized Positive Competitive Mindset able of deal with pressure and the many other negative distractions encountered during a typical round of play Golfers are introduced to a more effective and comprehensive approach to golfer development by fostering a methodology based on continuous positive reinforcement and development of mind state competencies Focus is placed on a number of valid and sound strategies for accelerating gains in confidence and equipping golfers with the means of combating personal mental shortcomings affecting performance and improvement Lower scores through an improved mental mindset able to deal with varying distractions and long standing issues and concerns

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