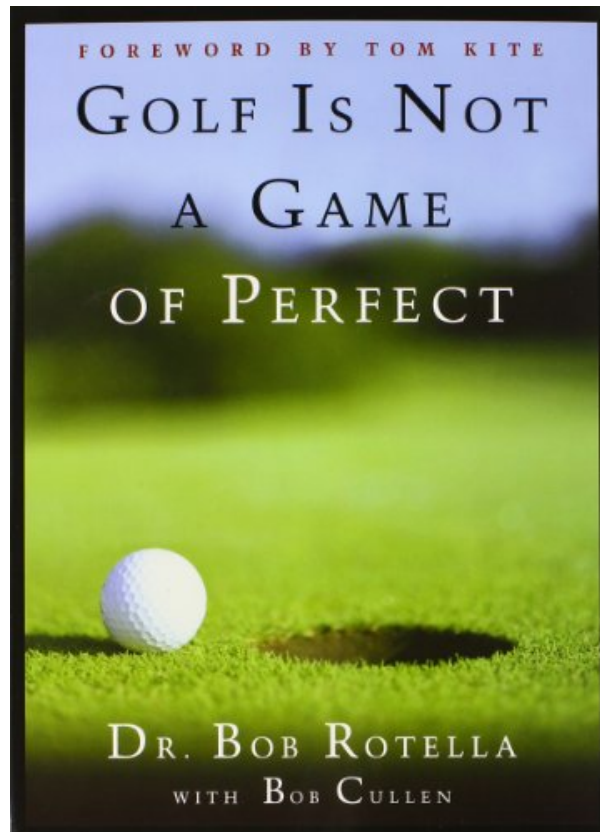
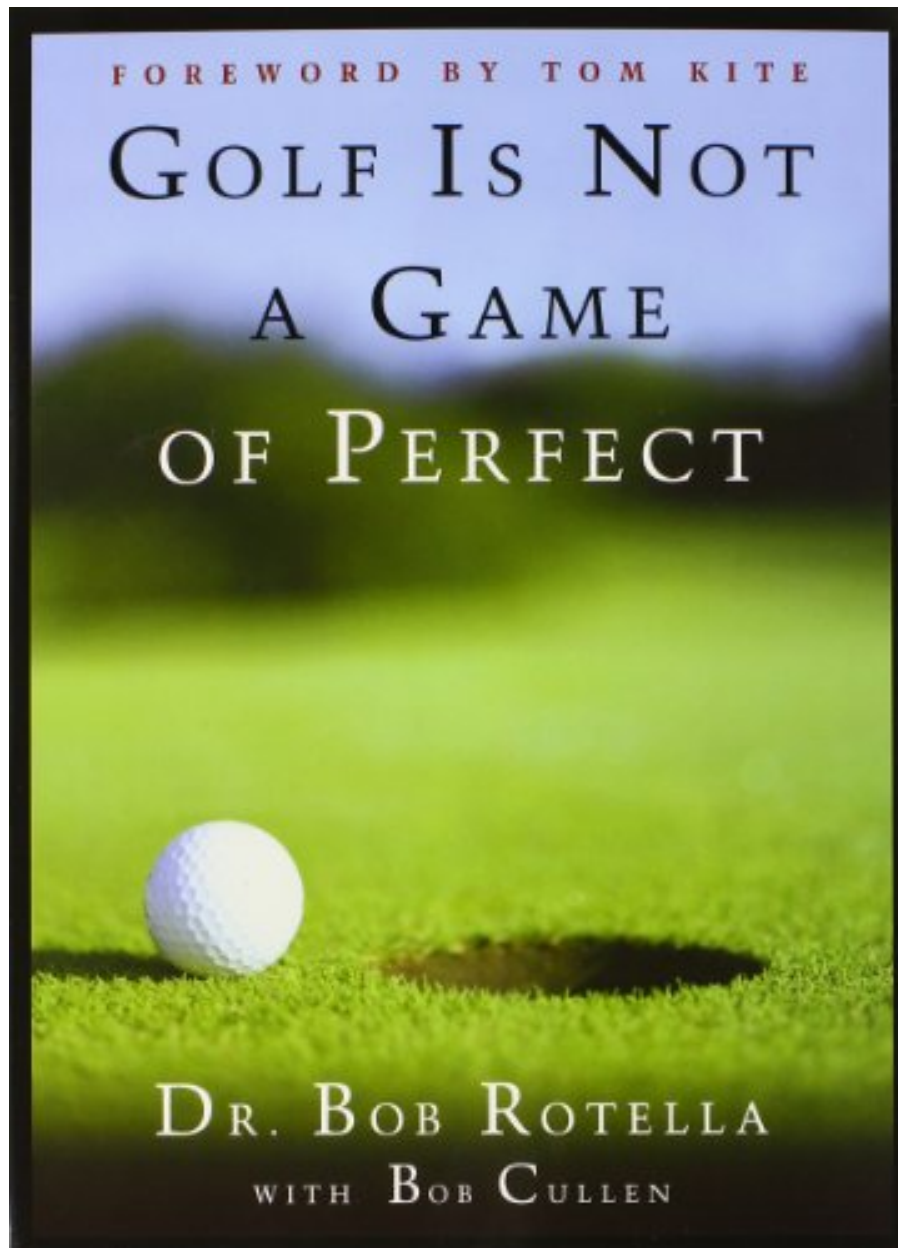


GOLF IS NOT A GAME OF PERFECT BY DR. BOB ROTELLA



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Amazon.com Review

One of golf guru Jim Flick's mantras is that golf is 90 percent mental, and the other 10 percent is mental, too. Dr. Bob Rotella, a noted sports psychologist and performance consultant, roots around the golfer's mind to expose--and analyze--the doubts, the fears, and the frustrations that haunt anyone who's ever picked up a club and swung it. Through anecdote and aphorism he suggests how these mental and emotional hazards can be played through, and, regardless of skill level, how teeing off with a more positive and confident outlook will translate into better performance.

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Filled with insightful stories about golf, Dr. Bob Rotella's delightful book will improve the game of even the most casual weekend player.

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-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.

- Sales Rank: #7516 in Books
- Brand: Golf Gifts & Gallery
- Published on: 1995-05-09
- Released on: 1995-05-09
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 7.50" h x 1.10" w x 5.50" l, .63 pounds
- Binding: Hardcover
- 224 pages

Features

- Contents include: Train It and Trust It

- The Hot Streak: Staying Out of Your Own Way
- What the Third Eye Sees
- Let the Short Game Flow
- Anyone Can Develop Confidence

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Most helpful customer reviews

0 of 0 people found the following review helpful.

For teen golfer

By Accidental Texan

Bought this for my 14 year old to help him tackle the mental side of the game. He's enjoying the read and says he's got some good stuff out of it. My understanding is that it is written pretty plainly and directly with many anecdotes and examples from famous golfers. He's not a big reader, but this seems to be one for him.

0 of 0 people found the following review helpful.

It Applies To Me And Others

By Bob

Very interesting. I found myself applying the theories not only to me, but also my playing partners. I will be reading this book a second and even a third time to improve my attitude towards the game of golf.

0 of 0 people found the following review helpful.

Love this book

By Boogs79

Get your mind right with this fascinating read. Take notes as you go along - these will help you become a better golfer NO DOUBT!

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