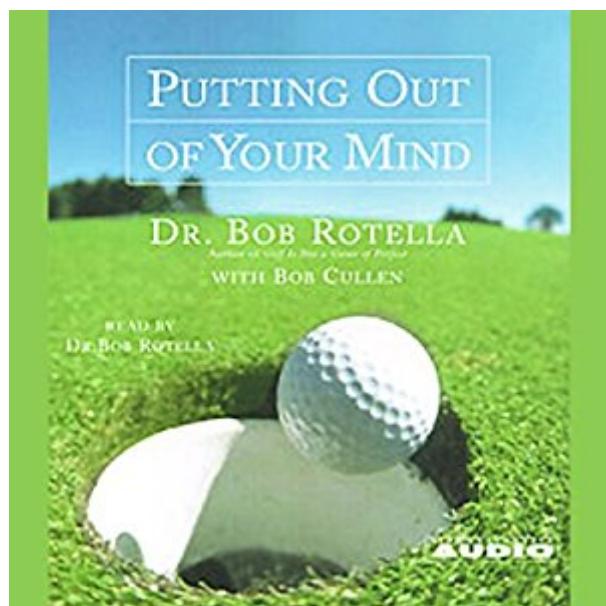


The book was found

Putting Out Of Your Mind



Synopsis

'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. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 1 hourÂ andÂ 7 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: February 15, 2007

Language: English

ASIN: B000NIWHZU

Best Sellers Rank: #279 inÂ Books > Sports & Outdoors > Golf #317 inÂ Books > Audible Audiobooks > Nonfiction > Sports & Recreation #1916 inÂ Books > Sports & Outdoors > Individual Sports

Customer Reviews

"Take your satisfaction not from whether the putt drops but from whether you got yourself in the right frame of mind to hit it." That quote summarizes the key point of this book. Think of Dr. Bob Rotella as someone who sees putting as being totally about controlling your mental processes, to eliminate the effect of your conscious mind. He is at the opposite end of the spectrum from Dave Pelz's

engineering-based evaluations. I find much value in both approaches. Having taken lessons at Dave Pelz's Short Game School, one of the most useful parts was getting an automatic routine and rhythm for putting that clears my mind of tension-creating thoughts. The advice in the book is easy to understand, but you will probably find it hard to apply. I suggest that you find a pro to help you create a mind-clearing routine that you feel comfortable with. Then commit to using that routine always. Here are a few quotes that will give you a further sense of the book's advice: "No matter how skilled you are . . . you're going to have to make roughly 40 percent of your shots with your putter." "When you arrive at the green, you're going to think: "Oh good! Now we get to putt!" You will "just focus on the target." You will have "selective amnesia" about putts you've missed in the past. You will spend 15 minutes a night "visualizing making putts." "Before putting, you will be "always relaxed and confident." "During the putt, you will "putt as though the putt [is] conceded." "When you putt, you will "simply let the putt go and trust." I especially liked the metaphors from other sports like shooting baskets and making passes in football.

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