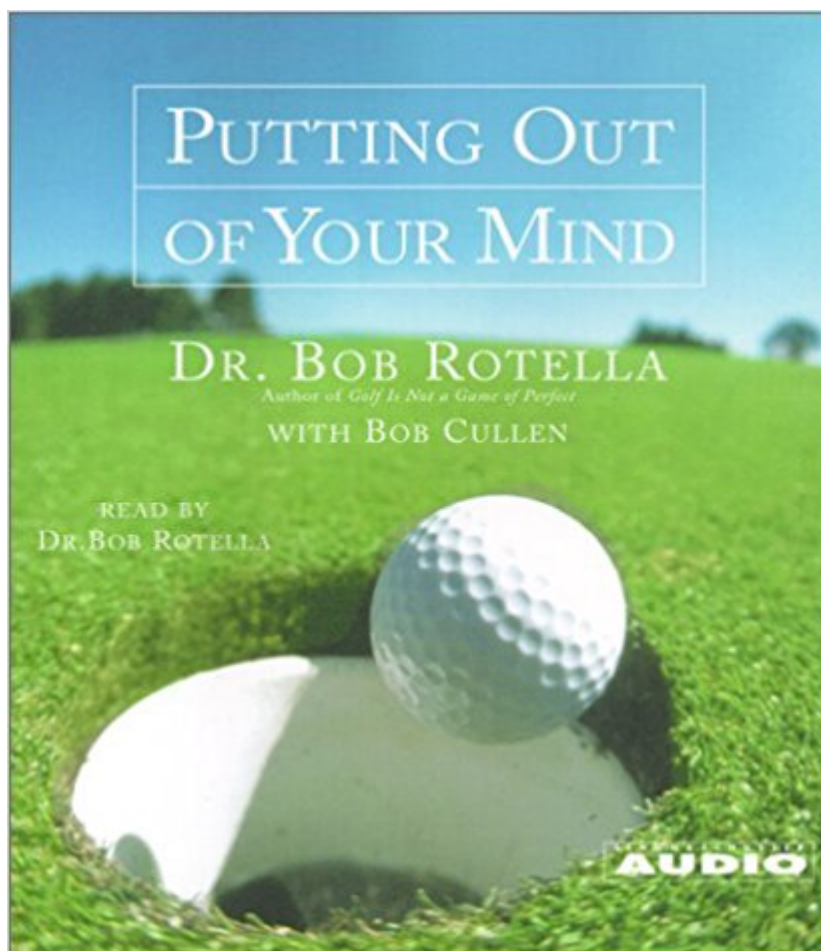


The book was found

Putting Out Of Your Mind



Synopsis

"You drive for show, you putt for dough." This old adage is especially resonant with Dr. Bob Rotella, the bestselling author of *Golf Is Not a Game of Perfect*, and one of the foremost golf authorities today. In *Putting Out of Your Mind*, Rotella offers entertaining putting. 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 an informative and valuable guide to achieving a better golf game. While most spend their time trying to perfect their swing so they can drive the ball farther, Rotella encourages golfers to concentrate on their putting -- the most crucial yet often 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 mastery can only begin with understanding the attitude needed to be a better putter. Rotella's mental rules have helped some of the greatest golfers in the world to become champion putters and for the first time, are now available to golfers everywhere. From true-to-life stories of such greats as Davis Love III, David Duvall, and Brad Faxon to dozens of game-changing practice drills, *Putting Out of Your Mind* is the new bible of putting for amateurs and pros alike.

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Customer Reviews

Bestselling author Bob Rotella, the guru-cum-sports psychologist of choice among the world's top golfers, lines up a perfect double entendre with *Putting Out of Your Mind*. To putt out of your mind--to master this crucial part of the game--you've got to get putting out of your mind--to make it so second nature that you're not actually thinking and stressing once you're standing over the ball.

As Brad Faxon, a Rotella devotee and one of the best putters on the PGA Tour, emphasizes in his introduction, "The secret of great putting is not in the stroke. It's in the mind. When you putt, your state of mind is more important than your mechanics." Once you can imagine yourself sinking a putt, you've exponentially improved your possibilities of actually knocking it in. It's an important lesson, and he learned it from Rotella. Rotella demystifies the mechanics, accenting instead the importance of a pre-shot routine to help you more effectively visualize your putts and serve as a security blanket when you're facing a breaking downhill five-footer with the match on the line. Most important, Rotella preaches the idea that putting is actually fun for good putters. It's the part of the game they relish most. You'll no doubt find yourself relishing it, too. --Jeff Silverman --This text refers to the Digital edition.

The previous generation of golf stars were reluctant to admit to visiting a "sports shrink." But by raising the competitive bar, players like Tiger Woods and David Duval have sent countless professional and amateur golfers to the couch in an attempt to discover if their minds are keeping them from winning the big ones. Writing here with Cullen (Why Golf?), former University of Virginia sports-psychologist-turned-consultant Rotella applies his popular, well-respected methodology to the stroke that wins tournaments. According to Rotella, good putting has less to do with mechanics than attitude: golfers who can empty their minds of any thought other than making the putt, follow their pre-shot routine faithfully and believe, will improve their putting. The book is lucid, well-paced and enlivened by anecdotes of golf champion Jack Nicklaus's selective memory ("He was able to block from his mind all the missed putts. He kept and replayed the memories of made putts"), by an introduction by veteran pro Brad Faxon and by a foreword from Duval. All lovers of the game will benefit from bringing this book to the green. (June 5) Forecast: Rotella's two most recent titles *Golf Is Not a Game of Perfect* and *Golf Is a Game of Confidence* have been sports-title bestsellers, spawning a huge sideline in calendars and other paraphernalia; this title should continue the trend. Expect it to be placed point-of-sale at the pro shop. Copyright 2001 Cahners Business Information, Inc. --This text refers to the Digital edition.

Who would have known that a book that teaches no technic what so ever about putting could be so immensely useful. I am so glad I bought this book. I have even been able to pass some of this knowledge to irons and woods, but most importantly my fun on the course is much higher since I do not have to think that much about every single hit! If are thinking about reading this book, remember 'usually your first impulse is usually the right one' - Bob Rotella

QUITE SIMPLY THE BEST!! A MUST READ FOR ANY GOLFER!!

As an avid golfer and 12 HCP (on its way down!), I have always struggled with putting. I'm a pretty good ball striker. But, putting would always destroy rounds of golf for me. I have read many books on putting including Dave Pelz Putting Bible, Short game bible, Dave Stockton's Putt to Win, and others. I own Mickelson's Secrets of the Short Game and recorded countless episodes of the Golf channel shows. I have taken lessons by reputable and expensive PGA professionals. I've practiced until I couldn't stand it. All of it only clouded my mind. It's absolutely amazing how this book took me from lost to the best putter in my group of golf buddies. If you have worked on your putting stroke without any noticeable improvement, I would ABSOLUTELY recommend this book!! It will save you strokes and hundreds of dollars on lessons that may not even help. Read the book and practice its teachings. It WILL make you a better putter.

I am a skeet shooter (clay targets) Clay target shooting is all about eye's and subconscious mind Same as putting. great book for both sports.

A little skeptical of a "sport psychologist" I'm now a believer. Tried out his suggestions and my putting game is better as is my attitude on the course. Look forward to walking on the green and putting with confidence.

So much to think about. Will require multiple readings.

Excellent ... I found that looking at the hole within 5 feet freed up my stroke right away.

Tremendous expert in this area. Great book with lots of take home useful mental exercises

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Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Putting Out Of Your Mind Lights-Out Putting : A Mind, Body, and Soul Approach to Golf's Game Within the Game Advance Your Image: Putting your best foot forward never goes out of style. 2nd Edition The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious

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