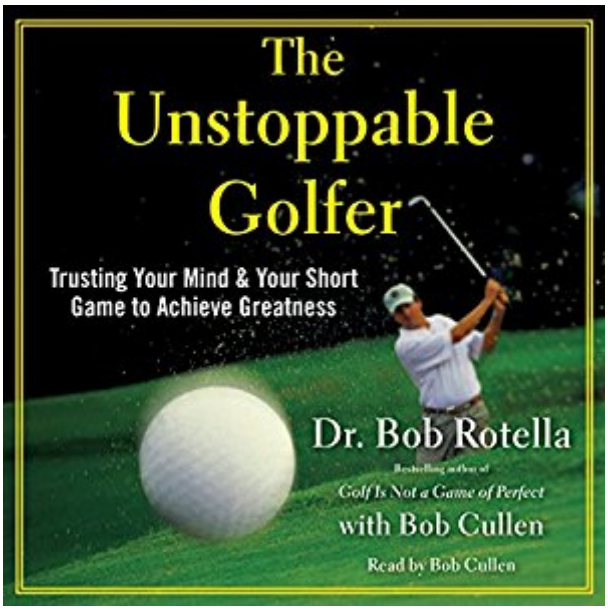
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The Unstoppable Golfer: Trusting Your Mind & Your Short Game To Achieve Greatness



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Synopsis

From the best-selling author of Golf Is Not a Game of Perfect, and the preeminent golf psychologist to the game’s top players, comes the defining guide to mastering the enormous challenges of chips, pitches, bunker shots, and putts.It is no secret that more than two-thirds of the shots a golfer makes are shorts ones: putts, chips, and pitches. Long drives may garner applause, but whether a golfer wants to win the Masters or just five bucks from a friend on Saturday morning, it’s the little shots that make the difference. In The Unstoppable Golfer, Dr. Bob Rotella takes the same wisdom and experience that have worked for clients like Davis Love III and David Toms to help you master this special art of short shots and avoid all the frustration out of this increasingly challenging element of the game. Requiring extraordinary levels of concentration, the short game is typically a source of fear for amateurs and pros alike. Here Dr. Rotella teaches listeners how to overcome that fear by using their minds to achieve a state of calm in which focus is on one thing alone: the hole. In addition, he explains the science of memory and how knowledge of the brain’s workings-especially those areas that deal with physical tasks-can markedly improve a golf game, particularly when it comes to getting out of a bunker or taking the measure of a long putt. For casual and dedicated golfers alike, a better short game provides one of the ultimate pleasures of the game-a pleasure they will come to know by training their minds with The Unstoppable Golfer.

Book Information

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Customer Reviews

I love the short game in golf. There’s no question that striking a full shot is satisfying and

momentarily rewarding, but quite frankly there’s a certain sameness to it that fails to hold interest very long. The short game, though, is predicated on variety. Chips, pitches, bunker blasts, bump-and-runs, digging a ball out of the collar of rough a dozen feet from the pin--every shot is different, every shot makes you think, and every shot really, really counts. And then there is putting, which is the most nerve-wracking of all.In The Unstoppable Golfer, Dr. Bob Rotella, golf psychologist to stars like Keegan Bradley, Padraig Harrington, and Darren Clarke, says, "...nearly all golfers have the physical ability required to pitch the ball, to chip it, to putt it. If we’re not doing those things, It’s because we’re somehow stopping ourselves." In other words, we get in our own way.Rotella says it’s often fear that crowds our minds, pushing and shoving its way and calling out for negative images, contradictory swing thoughts, and herky-jerky responses. The solution? To achieve a state of calm by focusing on one thing: the hole.He couldn’t be more right, of course. If you focus on your target, visualize the ball getting there, and commit to a play based on belief in its success, you’re more than half-way to a great short game. Rotella fills the book with stories of his students (patients?) who learned to quiet their minds and let their instincts lead them to better golf. He covers no swing mechanics, but does break down how your mind should work when faced with typical short game situations like pitch shots over hazards, getting up and down from a bunker, and lining up long putts to go in rather than just lag close. He has a special section on the "yips" in which he discounts the theory that there’s some physical cause behind them but offers instead a solid, results-proven method to mentally overcome them.The short game is the scoring game, according to nearly every golf guru I’ve ever talked to. You can drive the ball 340 yards, but if you can’t get it in the hole, you can’t put birdies and pars on your scorecard. Dr. Bob’s book will help.

This book has changed my golf experience. I am an average golfer, a terrible putter, okay short game and inconsistent ball striker. In my 50’s and a 12 handicapper, in just 2 weeks after reading and practicing broke 80 for first time at my new country club. I triple bogeyed the first hole, didn’t let it bother me and went on to shoot 77. With several birdies and a chip in eagle on a Par 5. So Fun!This book improved my putting the first day. So simple and the short game improved too, so quickly, just amazing. Dr. Bob has such a interesting message that anyone will be able to relate to and react.Now when I read all the articles in the golf magazines it makes me laugh. If you are looking for someone to get technical on how to grip, swing, turn your body, follow through, in other words learn how to play golf find another book. There are hundreds of them. But if you want to streamline your game, get rid of the garbage, change your philosophy on golf, simplify your attitude on your round, buy this book immediately! Your enjoyment of the Game will improve, your scores

will too. To focus on what is important while you play and release the garbage that kills your game, read this ASAP. Don’t waste money on equipment trying to buy a game, spend a couple of bucks and learn to enjoy playing the game and you will improve too.

Since golf is predominantly played on the "5 1/2" between your ears" it makes sense to put in a little practice time up there, too. I’ve read several of Dr. Bob’s books and they never cease to simplify the mental basics. Worthy read and low-cost "equipment" investment if you truly want to be a better golfer or just enjoy the game more.

Simply wonderful. There is a lot of stories, some useful, some boring. But sooner or later, he gets to it, and the advise is so on point. Read it slowly over several weeks, and found it creeping into my game. Wonderful stuff.

I liked this book for many reasons. It talks mainly about golf but relates to all sports. We always seem to get in our own way when we play. We worry about this or that. We let fear creep into our heads. We think about all the negative things that could happen. We all do it. This book gives you tools to beat back the fears, worry, and negative thinking. This book will not help you with the physical side of golf but rather help you get your mind right so you can play to your abilities.

Dr Rotella is very good at detailing the finer points of the mind in the golfer. Weather you are a novice or a pro you will find that this book will give you great information that is quite easy to follow

I found this book to be a compilation of many of his other works. Perhaps it was this book that brought into focus how I can take the lessons, thoughts and feelings from the range and onto the course.

A must read for every golfer!

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