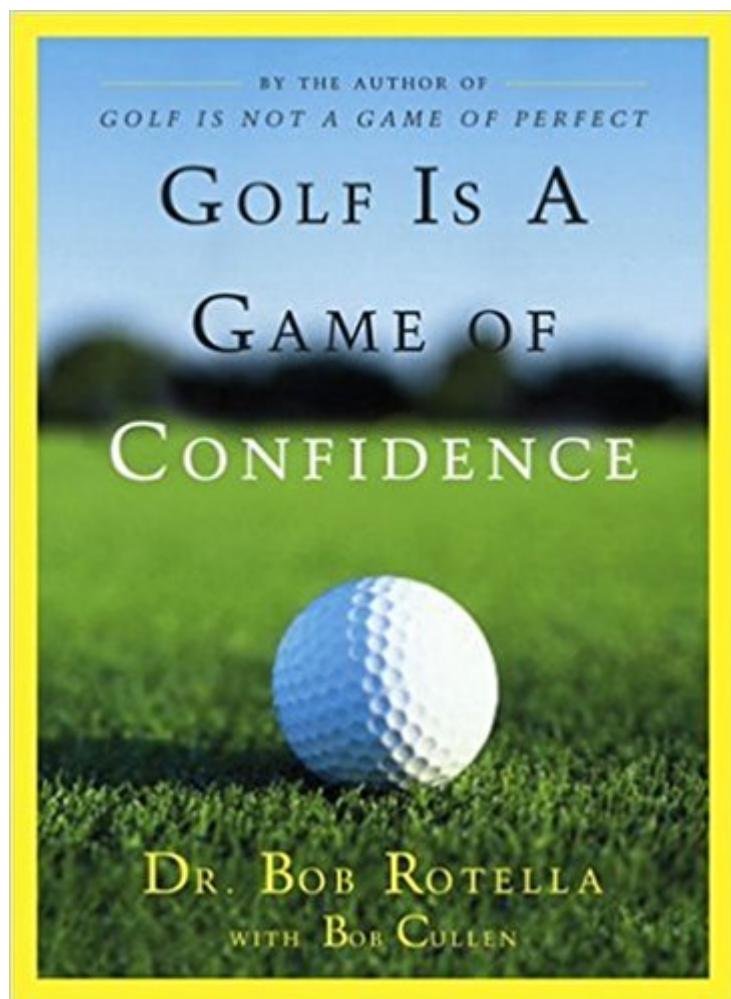


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# Golf Is A Game Of Confidence



## Synopsis

From the author of the bestselling *Golf is Not a Game of Perfect* comes a masterly illumination of golf's mental game. When that book was published, Dr Bob Rotella made accessible for the first time what he had learned from working with the best golfers in the world. Dr Rotella follows up the success of *Golf is Not a Game of Perfect* with a book filled with anecdotes and motivational instruction focusing on the most important skill a golfer can have: the ability to think confidently. Filled with inspirational stories about the great players, great courses and great tournaments, *Golf Is a Game of Confidence* encourages golfers, no matter what their level, to reach new heights in their games and their lives.

## Book Information

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## Customer Reviews

This contains a whole bunch of case studies -- some of pros you've heard of and some of amateurs -- who have consistently played a higher level of golf because of self-confidence. Okay, great. But once I'm convinced of that (after the first chapter) this book is pretty short on things to do to improve your self-confidence. Save your money and spend it on his audio tape, "Putting Out of Your Mind". At least it has some advice on how to improve your game, rather than point out the obvious: success breeds success, and self-doubt is a real killer of your golf swing.

I just want to say that this book was very helpful in increasing my confidence in my all around game. We all have rounds where we hit the ball extremely well the front nine and blow up on the back or vice-versa. Though it doesn't really give instructions or tips, it's what you take from it that is so

beneficial. I played a few days after reading just the first few chapters and what I took from it was to "stay in the present". Every time I found myself getting ahead with my score or dwelling on a poor execution, I would say to myself, "Just stay in the present" and I played one of my best rounds ever. I would very much recommend this book to anyone who has ever "blown-up" during a round.

I have been playing golf for a long time, but have had a psychological barrier about playing "too well". I knew that the mental / confidence part was as important as the physical/practice part of golf, but I really didn't have an approach to improve my mental game. Until I read this book. *Golf is a Game of Confidence* is an easy read, setup as antecdotes of lessons learned over 18 chapters. I could really identify with many chapters, and the book really appealed to me. I would highly recommend the book to anyone seeking to improve their mental outlook and have more fun with the game. Summarized setup: Smile, Have Fun, Analyze the situation, Visualize the shot, Do it, Accept the result, and Forget about it. (Repeat until the round is over) Using this approach, I have broken 80 in my last two rounds (78, 79). Previously, I usually shot in the 80's, but have only broken 80 twice in my life ! This book is the best golf investment that I've ever made. You can keep the latest \$500 driver, I'll take this book - and I'm having more fun with the game too.

*"Golf is a Game of Confidence"* has helped both my wife and I lower our handicaps and play the game with much more enjoyment. Each chapter of the book is dedicated to stories from different golfers of all abilities - male, female, professional or amateur - whose game of golf has been helped through consultations with or reading the advice of Robert J. Rotella. Basic training tips, such as "Staying in the Present" "Be confident with your club selection and swing" "Dedication to the short game" and "Not keeping track of your score" really do work. You'll find a lot of great advice in this book.

Easy to read in small segments. The stories are a bit repetitive in terms of reminding the reader how to maintain confidence by following a repeatable process. None of the stories was familiar to me, so I enjoyed almost all of them. Especially like the stories about amateur golfers with a handicap over a 2! Easy to relate to those stories.

Rotella has over twenty years working with champion athletes, many of them the best golfers in the world. What he's discovered and passed on to his clients is that golf begins and ends with confidence. Rotella uses his advisees such as Brad Faxon to an amateur like Bill Shean to help

them with this vital part of the game. You'll learn about many of the terms you hear the expert commentators speak of on the TV telecasts, "stay in the present," breakthrough moments, staying within yourself, trust, etc. I disagree with some of the reviewers who say is all rehash, or else why would the best players seek this guy out? Maybe those who think it's simple stuff rehashed should be able to perform as those that feel the opposite, that they have to work on their mental game as well. For us who do work on the mental game, consistent routine, etc., this book is a great help. Buy it, you'll like it, your golf will benefit.

Lately I've only been buying golf instructionals that don't dwell on the physical aspects of the game and this ranks among the top two! (The other being 'Golf is not a Game of Perfect') I've been playing golf for 9 years now, and have never thought properly on the course. Reading this book was a tremendous help. I decided to start thinking as Dr Bob suggested, by selecting my own thoughts instead of thinking of bad shots that happened on this hole or that. As a result of all this reading and trying on my part (and a little help from putting to a penny on my living room floor), I reduced my first round of the year score of 93 to the fourth and final round of the year score of 83. So, there's proof that this here book is the jam!

Each chapter is devoted to a particular player. While the play-by play will be interesting for golf nuts, it leaves much less room for the really solid, tangible advice I've gotten from his other books.

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