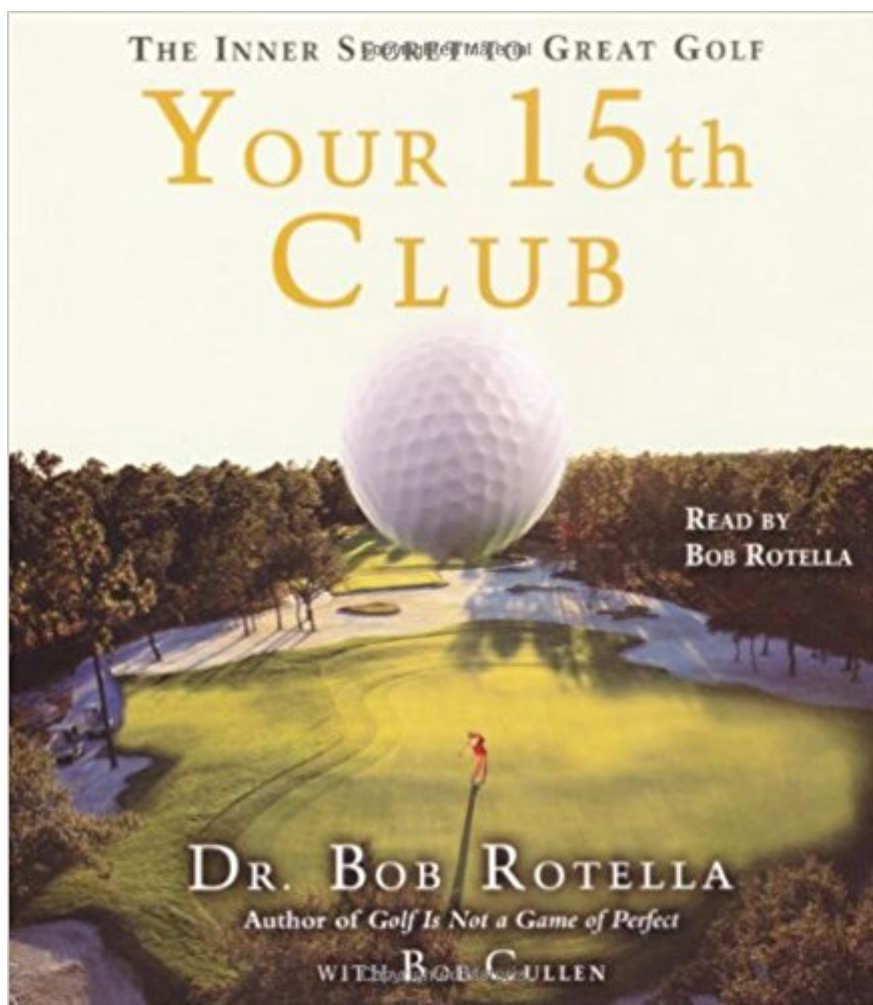


The book was found

Your 15th Club: The Inner Secret To Great Golf



Synopsis

Any golfer will understand this: You go out to the driving range, you warm up with your irons, everything is going right. You pull out your utility clubs, you are hitting great. Your driver -- boom. The ball flies far and lands just where you want it. You head for the practice green...you drain every putt from 30 feet in. Time to play with your friends. Eighteen delicious holes and you are going to show them how good you are. Your mind starts racing a bit. Am I too confident? Am I too relaxed? Thoughts starts creeping in, but you still believe. You line up over the first tee ready to drill it. Everything is going to be great.... Whack! You can't believe it -- you spray the ball 30 yards to the right, short and in deep rough. You try to punch out to the fairway...only it goes to the other rough. And so on . . you end up quadruple bogey. Your day is shot... It happens to every golfer. The mind becomes their worst enemy. It's not physical. It's all in the head. How do listeners get their brains back to practice range? Why did it change? The preeminent golf psychologist Bob Rotella, whose counsel and knowledge is sought by hundreds of thousands, including the world's top players, has spent years trying to discover a way to get golfers to stay in the mindset that they can thrive in. In Your 15th Club, Rotella has done just that: come up with a plan to help golfers play at their optimal best. It is something that every golfer will want to learn.

Book Information

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Customer Reviews

"As I progressed through the ranksÃ of the European Tour toward a major championship, Bob Rotella was by my side every step of the way. With Your 15th Club, you can benefit from the same good advice he gave me. This is the one Rotella book I may not recommend to my fellow

competitors. It might be too helpful. -- Pádraig Harrington, 2007 British Open champion "After my first few events as a professional in 1999, I realized I needed to find a way to quiet my mind and focus my thoughts. Since then, Dr. Rotella and I have focused on target, routine, and acceptance. Though I have not yet perfected it, I continue to work on it daily and have reached a career-high 12thth in the official world golf ranking." -- Trevor Immelman, 2006 PGA Rookie of the Year "Golfers ask all the time how to play better golf. Your 15th Club is the answer to mastering the game. That doesn't mean that it is easy to do, but if you practice what Dr. Rotella suggests in this book there is no doubt you will become a better player. It is a must read for anyone trying to improve." -- Brad Faxon, eight-time PGA Tour champion "I've read all of Bob Rotella's books and there is nothing like them -- if you pay attention, he can completely change the way you play golf !The lessons in this book will give you the focus you need to play well in practice and the confidence to bring those skills to competition. You've never heard it like this before." -- Sean O'Hair, 2008 PODS champion

Dr. Bob Rotella was the director of sports psychology for twenty years at the University of Virginia, where his reputation grew as the person champions talked to about the mental aspects of their game. His client list includes Hall of Fame golfers like Pat Bradley, Tom Kite, and Nick Price as well as stars of the present, such as Darren Clarke, Keegan Bradley, Pádraig Harrington, Graeme McDowell, Mark Wilson, and Rory McIlroy. A writer for and consultant to Golf Digest, he lives in Virginia with his wife, Darlene.

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Before reading 'Your 15th Club' I thought 'Golf is not a game of perfect' was the best golf book I have read. Now Bob Rotella has matched that and taken it to the next level. I've read the previous reviews and some don't seem to agree with my opinion. I don't think they grasp what Rotella is saying about the importance of self confidence. But more than explaining the importance of self confidence Rotella explains how to build and maintain self confidence. Some of the things in this book I had stumbled upon and was all ready doing and some I have learned from this book's marvelous way of conveying Bob Rotella's thoughts. The thoughts and ideas in this book can help anyone improve their golf game.

I would recommend this book to anyone struggling with confidence in their game and people trying to maintain confidence. I am a +3 handicap and it made me win big championships.

Great book! Easy read and makes a lot of sense. Just what my game needed! This was the missing link in my golf game.

Dr. Bob explains it well and i use some of his suggestions every time I play. An informative read for the golfer who wants to get their mental game in place.

Excellent read. Great advice on the mental aspect of the game. Quite easy methods to improve self image and confidence.

This is a book that might actually help your golf game. It did mine. It is about the mental aspects of the game. So, you can listen to it in the car and get something out of it. You need not be somewhere with a club in your hand to get this kind of lesson. Love the reading by the author. When I think about the book later, I can almost hear him talking in my ear. Also recommend "Putting Out Of Your Mind" with the same voice giving great advice.

The author coaches you on how to think positively and eliminate the negative thoughts on the course. Keeping a golf journal really enforces the positive thought processes.

I have never found the secret, but I keep trying!

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