

FOREWORD BY TOM KITE

GOLF IS NOT A GAME OF PERFECT



DR. BOB ROTELLA
WITH BOB CULLEN

Golf Is Not A Game Of Perfect

David Kirk



Golf Is Not A Game Of Perfect:

Golf is Not a Game of Perfect Bob Rotella, 2007-09-17 Filled with insightful stories about golf Dr Bob Rotella's delightful book will improve the game of even the most casual weekend player Dr Bob Rotella is one of the hottest performance consultants in America today Among his many professional clients are Nick Price last year's Player of the Year Tom Kite Davis Love III Pat Bradley Brad Faxon John Daly and many others Rotella or Doc as most players refer to him goes beyond just the usual mental aspects of the game and the reliance on specific techniques What Rotella does here in this extraordinary book and with his clients is to create an attitude and a mindset about all aspects of a golfer's game from mental preparation to competition The most wonderful aspect of it all is that it is done in a conversational fashion in a dynamic blend of anecdote and lesson And as some of the world's greatest golfers will attest the results are spectacular Golfers will improve their golf game and have more fun playing Some of Rotella's maxims include On the first tee a golfer must expect only two things of himself to have fun and to focus his mind properly on every shot Golfers must learn to love the challenge when they hit a ball into the rough trees or sand The alternatives anger fear whining and cheating do no good Confidence is crucial to good golf Confidence is simply the aggregate of the thoughts you have about yourself It is more important to be decisive than to be correct when preparing to play any golf shot or putt Filled with delightful and insightful stories about golf and the golfers Rotella works with **Golf Is Not a Game of Perfect** will improve the game of even the most casual weekend player

Golf Is a Game of Confidence Bob Rotella, Bob Cullen, 1996-05-20 From the author of the bestselling **Golf Is Not a Game of Perfect** comes a masterly illumination of golf's mental game Dr Bob 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

Summary of Bob Rotella's Golf is Not a Game of Perfect Milkyway Media, 2022-06-03 Buy now to get the main key ideas from Bob Rotella's **Golf is Not a Game of Perfect** Books about the mechanics of golf are many but few have been written about the mental aspect of the game In **Golf Is Not a Game of Perfect** 1995 sports psychologist Dr Bob Rotella explores the importance of adopting the right mindset in golf Some players work hard on perfecting their mechanics but eventually get stuck and stop improving Rotella explains that mechanics should never be the main focus whether you are practicing or competing Confidence is key and it beats mechanics any day

Summary of Bob Rotella's Golf is Not a Game of Perfect Everest Media, 2022-04-17T22:59:00Z Please note This is a companion version not the original book

Sample Book Insights

- 1 The dreams I want to hear about are the emotional fuel that helps people take control of their lives and be what they want to be They are the goals and aspirations of golfers who are passionate about the game
- 2 I heard something similar from Byron Nelson recently He had always dreamed of owning a ranch and golf was the

only way he was going to get it He was all but done as a competitive player when he got that ranch paid for 3 Golfing potential depends on a player s attitude It is the well being of a player with the wedges and the putter and how well he thinks It is not dependent on a player s physical characteristics 4 The champions I ve worked with have a strong will and they all have dreams They make a long term commitment to pursue those dreams It can be difficult for a person with potential to become great if everyone around them expects them to win all the time **Life is Not a Game of Perfect** Bob

Rotella,1999-04-02 Most people think talent is genetically determined Either you can sing or you can t You get calculus or it s beyond you You have what it takes to succeed or you don t The truth about human performance is far more encouraging says Dr Bob Rotella in Life Is Not a Game of Perfect Dr Rotella the bestselling author of Golf Is Not a Game of Perfect and Golf Is a Game of Confidence believes that talent as conventionally defined and measured plays a secondary role in determining one s fate Far more important is real talent a combination of character attitude and devotion which makes greatness possible And the good news is that anyone can develop real talent As always Dr Bob Rotella speaks from experience He has made a career of helping people chase and catch their dreams His authority as a sports psychologist is well known Golfers from Tom Kite to David Duval to Pat Bradley have relied on him to help them break through to triumphs on the PGA Tour But Bob Rotella s practice extends beyond the sports world He is a consultant on performance enhancement to leading businesses such as Merrill Lynch General Electric and PepsiCo He has worked with successful people in businesses ranging from law to entertainment From hundreds of clients and countless students Dr Bob Rotella has learned what works In Life Is Not a Game of Perfect he shares what he has learned and what he teaches his clients Real talent he explains is brilliance of a different sort It is the nerve to choose a career doing something you love or the ability to learn to love what you do It is courage persistence and determination It is the ability to handle failure and honor commitments Whether you think so or not real talent is within your grasp In Life Is Not a Game of Perfect Dr Bob Rotella will help you make it a decisive element in your life He can show you how to identify and cultivate the qualities that lead to success prosperity and happiness **Golf is Not a**

Game of Perfect Dr. Bob Rotella,2012-12-11 Dr Bob Rotella is one of the hottest golfing performance consultants in the world today Unlike other performance consultants Rotella goes beyond the usual mental aspects of the game and the reliance on specific techniques In this extraordinary book and with his clients he creates an attitude and a mindset about all aspects of the golfer s game from mental preparation to competition And as some of the world s greatest golfers will attest the results are spectacular Filled with charming and insightful stories about golf and the golfers Rotella works with GOLF IS NOT A GAME OF PERFECT will improve the game of even the most casual weekend player **The Unstoppable Golfer** Bob

Rotella,2012-04-03 From the bestselling 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 Dr Bob Rotella is the preeminent golf psychologist to the game s top players he has coached stars like Keegan Bradley

Padraig Harrington and Darren Clarke and he has offered his advice to golfers of all skill levels in his bestselling books including *Golf Is Not a Game of Perfect* and *Golf Is a Game of Confidence* Now he tackles the mind's role in the most difficult aspect of golfing the short game It's no secret that more than two thirds of the shots a golfer makes are short 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 Yet many players either fail to recognize or choose to ignore the importance of the short game In *The Unstoppable Golfer* Dr Rotella applies the same wisdom and experience that have worked for clients like Davis Love III and Graeme McDowell to help every golfer master this special art of short shots and take 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 In this book Dr Rotella teaches readers how to overcome that fear by using their minds to achieve a state of calm in which the focus is on one thing alone the hole Rotella shares stories about professionals with whom he has worked who have mastered the psychological aspect of successful putting by adhering to simple but hard to follow rules and practices that will improve any golfer's game stay focused on your targets visualize your shots commit to your routine and accept completely whatever happened to the golf ball On top of citing his experiences with golfers Dr Rotella also probes 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 golf a pleasure they will come to know by training their minds to allow them to become unstoppable golfers Since 1984 golfers coached by Dr Bob Rotella have won a total of 74 major professional titles 2 Masters tournaments 12 U S Opens 12 British Opens 11 PGA Championships 4 U S Women's Opens 6 LPGA Championships 5 Kraft Nabisco Championships 5 Tradition Championships 7 Women's British Opens 2 Senior PGA Championships 5 U S Senior Opens 3 Senior Players Championships

Your 15th Club Dr. Bob Rotella, 2012-12-11 Dr Bob Rotella author of half a dozen bestselling books on golf including *Golf is Not a Game of Perfect* brings together his skills and years of experience as a golf psychologist to give readers the insight they need to improve their game before they ever step up to the tee At some point in playing the sport whether they're competing on the professional tour or enjoying a day with their foursome on any public course every golfer hits a snag in their mental game Dr Bob shows readers how to emulate Tiger become more comfortable with their own inner arrogance how to learn from better golfers and overcome fear He teaches readers easy ways to talk themselves into feeling confident and provides a detailed plan that anyone at any level can use to build self esteem both on and off the course

The Golfer's Mind Dr. Bob Rotella, 2012-12-11 Golfers everywhere from professionals like Darren Clarke and Padraig Harrington to the humblest amateur on the driving range are familiar with the sport's Rotella Rules which reinforce the attitude needed to maximize a player's performance Now beloved Doc Rotella author of *GOLF IS*

NOT A GAME OF PERFECT and PUTTING OUT OF YOUR MIND presents an anytime anywhere quick reference tool sure to become a vital addition to every golf bag THE GOLFER S MIND gives players exactly what they want a quick reference they can carry with them easily to consult any time they need reinforcement from Rotella s guiding principles In the perfect format for the busy golfer THE GOLFER S MIND is a concise and convenient guide that will appeal to Rotella s millions of followers and is sure to become a golf classic *Golfer's Mind* Bob Rotella,2004-11-16 For the last decade golfers of all abilities have been drawn to the writings and teachings of Bob Doc Rotella His books *Golf Is Not a Game of Perfect* *Golf Is a Game of Confidence* *The Golf of Your Dreams* and *Putting Out of Your Mind* have all become classics for golfers everywhere Weekend golfers and pros like Brad Faxon Darren Clarke Padraig Harrington Tom Kite and Davis Love III all read and listen to the man they call Doc because his teachings are simple and direct and in the end what Doc says makes them play better golf The Golfer s Mind was actually first suggested by Davis Love Jr Davis Love III s dad who encouraged Doc to write an instruction book on golf s mental challenges organized by topic Love thought that golfers could keep the book with them or at least nearby at all times When they needed a refresher on a certain issue they could consult the book read for a few minutes and take away solid guidance regarding their difficulties Doc heard what Love said and twenty years later The Golfer s Mind is that book From his Ten Commandments Commandment I Play to play great Don t play not to play poorly to just about any topic a golfer might imagine this is the ideal way for players to get all of Rotella s teachings Doc covers topics including Butterflies Practicing to Play Great The Rhythm of the Game Routine Setbacks How Winning Happens In the perfect format for the busy golfer The Golfer s Mind is the concise and convenient quick reference tool to appeal to Rotella s millions of followers and is sure to become a golf classic

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Golf Is Not A Game Of Perfect Introduction

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