

## Zen Golf Mastering The Mental Game Joseph Parent

As recognized, adventure as capably as experience practically lesson, amusement, as competently as accord can be gotten by just checking out a ebook **Zen Golf Mastering The Mental Game Joseph Parent** moreover it is not directly done, you could tolerate even more more or less this life, all but the world.

We pay for you this proper as capably as easy quirk to acquire those all. We offer Zen Golf Mastering The Mental Game Joseph Parent and numerous books collections from fictions to scientific research in any way. accompanied by them is this Zen Golf Mastering The Mental Game Joseph Parent that can be your partner.



"Dr. Bell's book does a terrific job at breaking down the tools you need and to practice to become a mentally tough competitor." –John Dal Corobbo- 2009 Indiana PGA Teacher of the Year " Mental Toughness Training for Golf is an excellent resource for coaches and players of all levels. Dr. Bell has done an excellent job compiling diverse and practical philosophies with a proven track record of success. Mental toughness and effective training is the final frontier of coaching our sport." -O.D. Vincent- 1999 National Coach of the Year " Dr. Rob has developed a road map for success. He has helped me numerous times and is very insightful about what it takes for every player to reach their full potential." -Mark Guhne- Three Time Southern Conference Coach of the Year "The practice ideas and tournament mental processes that Dr. Rob Bell reveals in this book are incredibly valuable to a player, coach, or parent. A "must read," for anyone looking to develop mental toughness." –Randy Wylie- Golf Digest "Best Teachers in State" Mental Toughness Training for Golf illustrates how to maximize our preparation. In this cutting edge book, you'll learn how great coaches and players create pressure in practice, how to build a human taproot, why suffering is needed, and the don'ts of mental toughness.

"From the bestselling author of Golf Is Not a Game of Perfect and Golf Is a Game of Confidence, a book about how to improve your short game"--

The professional golfer provides tips on the grip, stance, and swing of successful golf shots

From the best-selling author of ZEN GOLF: Mastering the Mental Game and the tennis champion and world record holder of the Golden Set comes the most innovative and powerful book since The Inner Game of Tennis. Combining deep Eastern wisdom and practical tennis expertise, ZEN TENNIS will help you get out of your own way and into the Zone.

Discover VISION54's 8 Essential Playing Skills

Playing in the Zone

Contains Two Books: Zen and the Art of Disc Golf and Discs and Zen PLUS a Brand New Bonus Chapter

100 Classic Golf Tips

The Inner Secret to Great Golf

Focused for Golf

Mastering the Mental Game

See what it takes to improve consistency and performance in your golf game as you never have before. The second

edition of Golf Anatomy provides updated and improved exercises, more artwork, and a more complete way to build a golf fitness program. This one-of-a-kind guide, developed over 15 years of working with professional golfers, will show you how to lower your score by increasing strength, power, and range of motion for longer drives and more accurate shots. Golf Anatomy, Second Edition, includes 72 exercises, each with step-by-step descriptions and full-color anatomy illustrations highlighting the muscles in action. You will see how to improve mobility, stability, balance and body awareness, and muscle strength and power to add distance to drives, consistency to your short game, and accuracy to your putts. From sand traps to awkward lies, Golf Anatomy will prepare you for even the most challenging shots. You ' ll learn the keys to an effective warm-up, train for the full golf swing, and see sample programming used by PGA and LPGA professionals themselves. Combining expert instruction with beautiful, full-color illustrations, Golf Anatomy is truly an inside look into the game. Whether you ' re a scratch golfer or simply a fan of the game, this book is a hole in one.

Golf has 3 competitors – other players, the course, and yourself. Leaderboards measure how you performed against others; score against Par measures how you performed against the course. The GYRA Mental Scorecard allows you to measure your performance against your primary competitor – yourself - per shot, per hole. This is a game-changer.

" You may never play golf the same way if you start measuring your mental performance on the golf course. " Gary Player, World Golf Hall of Fame " With the introduction of the GYRA Mental Scorecard, you are now able to track your emotions, thoughts, and behaviors to be able to better yourself for future situations. " Jason Gore, Player Relations, USGA " GYRA tools have given me the skills to manage my emotions and thoughts throughout the up ' s and down ' s of tournament golf. " Seamus Power, Olympian, PGA Tour Player " I have been coaching college golf for 20 years. The difference between a good vs great player is usually their mental approach to the game. The idea of having a scorecard for golfers to describe and track what is happening in their mind is groundbreaking. " Tim Straub, Davidson College " This book should be required curriculum for golf academies, teaching professionals, caddies, and players. " David Ross PGA Lifetime Member, Ross Academy

This golf instruction book offers Gee's approach to golf mastery. Proven successful by golfers of all levels, including PGA Tour professionals, at Gee's nationally recognized Spirit of Golf Academy, his Seven Principles of Golf blend together timeless concepts into a step-by-step process leading to better shots, lower scores, and more fun. Five-city author tour. National print and radio publicity. Twenty pen and ink line illustrations by the golf illustrator Keith Witmer. Clothbound hardcover with tip-on, ribbon marker.

"Golf is a beloved yet technical game, so a sound swing and precise technique are essential. Most golfers who want to improve their skills go to the range and work painstakingly on their swings, not realizing it's often their performance state on the course that needs work, not their technique. Simple things such as awareness of your balance, tension, and tempo, as well as the ability to control mental, emotional, and social variables you encounter while playing can quickly take your game to a new performance level. Pia Nilsson and Lynn Marriott, founders of VISION54's ... golf program, are here to help"--

Golf in the Kingdom

Trusting Your Mind & Your Short Game to Achieve Greatness

Dave Stockton's Guide to Unlocking Your Signature Stroke

The Unstoppable Golfer

How To Develop The Mental Game Of A Pro

The Successful Golfer

Gyra Golf

"The Pro Tours' Hottest Coach" (Golf Digest) reveals the secrets that helped Phil Mickelson win the 2010 Masters and can utterly transform every player's game. When a resurgent Phil Mickelson won the Tour Championship in September 2009, he was quick to credit a series of simple putting lessons from veteran golf champion and instructor Dave Stockton. As a top coach, Stockton has taught a long list of pro players-including Annika Sorenstam, Yani Tseng (winner of four LPGA tournaments), Adam Scott (Texas Open champion), Hunter Mahan (Phoenix Open champion), and Morgan Pressel (World Ladies Championship of Japan winner)-the putting strategies that finessed their game. Stockton's breakthrough concept is that every player has their own Signature Stroke, which is unconscious. Good putting comes from the mind, Stockton says, not from a series of stiff mechanical positions. With visualization, the right frame of mind, an efficient pre-putt routine, and connection to the individual internal stroke signature, any player can make far more putts. Putting has always been taught as an offshoot to the full swing, when in reality it is far different- almost a different game. Unconscious Putting will help players get out of the rigid, mechanical, overthinking trap. In Unconscious Putting, Stockton shows how players at every handicap level-from pros to weekend golfers-can putt effortlessly and with confidence by integrating a new mental approach with a few simple physical routines that will keep them locked on target. Readers will also gain invaluable advice on reading greens and equipment. Illustrated throughout and filled with anecdotes about how Stockton's lessons have helped today's leading players, Unconscious Putting is a must-have golf book and a category classic-in-the-making. 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.

A noted golf instructor who worked with Tiger Woods discusses his experiences with the golfer, who was at the top of his game until a public scandal threw him off track.

The golf psychologist credited with helping Phil Mickelson win the British Open in 2013 outlines his mental approaches to the game, explaining how to wholly embrace the mind, body and spirit while eliminating over-thinking and stress. 40,000 first printing.

Putting Out Of Your Mind

A Breakthrough Approach to Playing Better ON the Golf Course

The Modern Fundamentals of Golf

The 8 Traits Of Champion Golfers

Start Strong Finish Strong

Unconscious Putting

Golf Anatomy

THE BEST DIET BOOK EVER: The Zen of Losing Weight, is a ground-breaking book that offers a fresh new perspective on the weight-loss journey: the freedom to enjoy positive choices rather than the pain and sacrifice of strict diets. Easy to read and simple to apply, the tools in this book will empower you to fulfill the goals of the best diet program there is-your own. Poor decisions are what make you gain weight and good choices are what enable you to lose weight. Your brain will respond to the changes you make, and your body will, too. Instead of recipes and requirements, you'll receive time-tested techniques

for being more present and mindful while cultivating good eating and exercise habits. THE BEST DIET BOOK EVER provides great information and practical strategies that will help you become the lighter, slimmer you that you long to be.

The classic guide to sharpening your mind and raising your performance—on the green, and in the game of life. “ The best sports psychology book ever written about golf. ” —Inside Golf W. Timothy Gallwey ’ s bestselling Inner Game books – with more than one million copies sold – have revolutionized the way we think about sports. As he did in his phenomenally successful The Inner Game of Tennis, Gallwey provides methods that can be applied to situations beyond the green. The Inner Game of Golf delivers strategies to achieve potential – both in the crucible of competition and in everyday life. With Gallwey as a guide, you ’ ll learn how to

- defeat your mental demons and find clarity under pressure
- dispel tensions that can sabotage your performance
- build confidence and overcome insecurities that can hijack your best instincts
- employ the art of “ relaxed concentration ” to improve your swing, your game, and your life

No matter what your skill set, Gallwey ’ s pioneering strategies, real-life examples, and illuminating advice are perfect for anyone who strives to be a champion on and off the course.

Applying ancient Buddhist techniques and principles to the game of golf, a PGA tour instructor shows golfers how to master the mental game by clearing their minds, developing concentration by blocking out distractions, and focusing only on the task at hand.

Two of golf's most revolutionary teachers share a personalized approach to accessing your peak performance. "The VISION54 approach is far more than just pure golf technique, it allows an individual to unlock their true potential by opening their mind and believing anything is possible to achieve." - David Leadbetter, David Leadbetter Golf Academy Pia Nilsson and Lynn Marriott are Complete Game Coaches, leaders of a new kind of golf instruction that focuses on more than just the grip, the stance, and the swing. Their VISION54 method targets the complete golfer-the whole person-not just the technical aspects of the game. Their coaching philosophy focuses on possibilities, not limitations, with an end goal of MY54-the idea that any golfer can reach their own personalized version of peak performance, scoring nothing but birdies on a par-72 course. Building on the core concepts introduced in Every Shot Must Have a Purpose and the strategic thinking in The Game Within the Game, Play Your Best Golf Now takes the mystery out of the soft skills of golf and shows golfers how to add these skills to their game for peak performance. Players learn to master the 8 Essential Playing Skills: 1. LEAVE YOUR MIND BEHIND and enter the Play Box 2. DECIDE AND COMMIT to your shots 3. FIND YOUR BALANCE both physically and mentally 4. FEEL YOUR TEMPO on the course and dance to its rhythm 5. TAME TENSION to improve your swing 6. BUILD EMOTIONAL RESILIENCE 7. STORE MEMORIES and learn from the past to make a better present 8. DROWN SELF-TALK IN USEFUL THOUGHTS And the 2 Essential Practice Skills: 1. SIMULATE GOLF on the practice range to maximize your time and effort 2. INTEGRATE SKILLS and practice with a plan These Essentials complement the technical anchors of the game-the grip, the stance, the swing-and give players a foundation for achieving their peak performance. MY54 is the vision, and these are the building blocks for achieving a higher level of play.

How to Make Every Putt

Paper Tiger

The Inner Game of Golf

Mastering the Mental Game on the Greens

Ben Hogan's Five Lessons

How to Lower Your Handicap While Raising Your Consciousness

## Your 15th Club

A spiritual journey, a lush travelogue, a parable of sports and philosophy—John Updike called this unique novel “a golf classic if any exists in our day.” When an American traveler on his way to India stops to play a round on one of the most beautiful and legendary golf courses in Scotland, he doesn’t know that his game—and his life—are about to change forever. He is introduced to Shivas Irons, a mysterious golf pro whose sublime insights stick with him long after the eighteenth hole. From the first swing of the Scotsman’s club, he realizes he is in for a most extraordinary day. By turns comic, existential, and semiautobiographical, Michael Murphy’s tale traces the arc of twenty-four hours, from a round of golf on the Links of Burningbush to a night fueled by whiskey, wisdom, and wandering—even a sighting of Seamus MacDuff, the holy man who haunts the hole they call Lucifer’s Rug. “Murphy’s book is going to alter many visions,” The New York Times Book Review declared. More than an unforgettable approach to one of the world’s most popular sports, *Golf in the Kingdom* is a meditation on the power of a game to transform the self.

For more than ten years, Dr Deborah Graham and Jon Stabler have devoted themselves to the scientific study of why, even among the pros, some players win frequently and others never do. In the first psychology self-help book tailored to golfers at every level, they draw on their research to spell out the eight specific personality traits that make the difference: Abstract thinking; emotional stability; tough-mindedness; self-assurance; self-sufficiency; and optimum arousal. Dave Stockton, Lee Janzen, Mark McCumber, and Michelle McGann are among the many golfers who have benefited from Dr.Graham's GolfPsych system. Now, this detailed, practical, and encouraging guide will make it possible for anyone to play like a champ.

The renowned LPGA instructor and best-selling author of *Zen Golf* draws on his expertise with training such champions as Vijay Singh and Cristie Kerr to place the art of putting in a context of Zen Buddhist philosophy, outlining simple but effective techniques that address immediate physical and mental challenges.

Two legendary coaches give golfers a powerful new approach to the game... and to life. As coaches to some of golf’s top players, Pia Nilsson and Lynn Marriott have designed and refined a revolutionary way of teaching the game, with phenomenal results. They don’t believe in prescribing the same stance, grip, and swing to everyone, followed by hours of purposeless drilling. They don’t even believe in beginning with physical technique. Their success has proven to them that a great game begins with a great vision. Unlike any other golf book, *Every Shot Must Have a Purpose* offers cutting-edge techniques for integrating the physical, technical, mental, emotional, and social parts of a player’s game. The book’s revolutionary pre-shot routine will improve your focus, leading to a golf swing that is not only successful but can be repeated under extreme pressure. Emphasizing the individual golfer rather than a rigid set of mechanics, their VISION54 method takes the frustration out of the game. Why 54? Because they believe it’s possible to shoot a 54 (making a birdie on every hole of a par-72 course) if you have the right mind-set and well-honed intuitive power. An engaging read for the beginner or the seasoned golfer, *Every Shot Must Have a Purpose* is inspiration for life, not just the links.

Mastering the Mental Game on and Off the Golf Course

Practical Fixes for the Mental Game of Golf

The Seven Principles of Golf

Curing Your Hit Impulse in Seven Simple Lessons

Golf is a Game of Confidence

The Keys to the Effortless Golf Swing

Golf is Not a Game of Perfect

Dr. Parent has drawn on a career coaching the masters to write a hundred simple yet powerful tips for improving any golfer’s score, from the essentials of the mental game to helpful hints to keep your composure. Each of Dr. Parent’s texts is accompanied by insightful illustrations compiled from the Ravielli archives, which balance the physical instruction and mental practice that can keep your swing and your attitude working in perfect harmony. Mirroring the unique structure of Dr. Parent’s personal lessons, *Golf: The Art of the Mental Game* moves from the mind to the body, from mental approach through discipline in practice to action on the links.

Written by Dr Paul McCarthy (the first-ever resident Sport Psychologist at the home of golf - St Andrews Links) and leading golf consultant Dr Marc Jones, *The Successful Golfer* is designed to help address 50 of the most common faults that players experience; faults which hold you back. These include: hitting the self-destruct button when winning, nervousness on the first tee, lost confidence, failing to practise as you play, losing focus off poor drives, and many more. Each fault is remedied with a clear practical fix. You will learn to develop effective practice plans, build a dependable pre-shot routine, cope with the pressures of competitive golf, and deal with distractions. In the second part of the book, lessons from 30 fascinating research studies on golf are presented to help keep you ahead of the field. They include research on putting, practice, choking, and overthinking. In the third and final part of the book, clear instructions are provided on developing a number of highly effective techniques that can be used across a wide variety of situations. These include: pre-shot routines, breathing exercises, goal setting, and how best to practice. *The Successful Golfer* is a must-read addition to any golfer’s bookshelf. Read it and fix those mental faults that stop you from playing your best golf. Just some of what you will learn: - Learn to play consistently on the golf course and win when it matters most - Develop unshakeable confidence in all facets of your game - Build a consistent pre-shot routine to concentrate effectively and manage distractions - Boost your resilience and learn to cope with the demands of competitive golf - Uncover the secrets of success from the world’s best golfers

*Golf* is a Zen sport. If you leave the present moment, you will likely feel the immediate karmic consequences like a hammer hitting your thumb. In *The Mindful Golfer: How to Lower Your Handicap While Raising Your Consciousness*, Stephen Altschuler helps you nail it all right—hard and true and into another level of surrender, satisfaction, and, self-awareness. He uses the tools of Zen to raise the game several notches on the ladder of consciousness. The book discusses the state of the game, some of its more illustrious players, its glories, and its challenges. The author covers some of his own struggles with golf, and some moments of achievement, if only fleeting. His book is a reflective look at golf today, emphasizing the mental and spiritual elements of

the game. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Author and Disc Golfer, Patrick McCormick, takes the reader on journey of mental and psychological calibration using Disc Golf as a tool to help us find more effective ways of thinking on and off the course in his first two books: "Zen & The Art of Disc Golf" and "Discs & Zen." Finally, these two treatise on Disc Golf and sports psychology are now available in one complete master volume: "The Complete Zen Disc Golf." McCormick has also equipped us further with an additional bonus chapter: "I Thought I Might Never Play Again," recounting his near brush with death and having to relearn to throw from scratch.

Harvey Penick'S Little Red Book

Play Your Best Golf Now

Zen and the Art of Disc Golf

Zen Golf Deck

Fearless Golf

The Complete Zen Disc Golf

An Obsessed Golfer's Quest to Play with the Pros

Tells how to improve the psychological aspect of one's golf game

" The one book every disc golfer needs... If you only pick up one book on this list, make it this one... This is one of those books that will end up with highlighter and notes all over it as you read it again and again. " – Mind Body Disc Golf Reading List (MindBodyDisc.com) " It is a cool book to motivate and inspire you, speaking in terms that Disc Golfers can understand. Definitely check this book out. " – Bobby Brown AKA Cool Daddy Slick Breeze (The Disc Golf Answer Man Podcast) " Zen and the Art of Disc Golf is a perfect read anytime of the year to help your disc golf game...It's safe to say that you'll take something away from it and in the end, you'll take steps to being a better disc golfer with the knowledge you'll gain. " – Zach Parcell (All Things Disc Golf) Disc Golf is more than a game, Patrick D. McCormick carefully argues, it can be a window that shows us how we interact with the world. The way we play is the way we live. This book is about the sport of Disc Golf, but it also is about so much more than throwing a disc at a basket. For the passionate practitioner, Disc Golf becomes a meditation, and practicing not only has the potential to make us better players, but better people as we begin to focus on what we are doing on the course that is working or not working versus what we are doing at home or in the office. "Zen and the Art of Disc Golf" is about becoming the best players we can be and in turn becoming the best possible version of ourselves through cultivation of attitude, focus, determination, and mental

strength. It is about mastering the mind, body, and spirit in such a way that we score better and live better. Inside this book you will learn: -What Disc Golf can teach us about life and success -The secret formula for success on and off the course. -How to create the proper attitude and focus to become better Disc Golfers and in turn live better lives. -How visualization improves our game and our lives. -Who you need to be playing with on the course. -How to hit more chains and less trees. -How to take yourself off autopilot and elevate your scores and your game. -The 3 sides of Disc Golf and how to balance them. Most importantly, after reading this book you will walk away ready to Ace holes and Ace life. Disc Golf is life. Life is good.

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.

A follow-up to the best-selling Zen Golf outlines key principles that invite players to build a greater understanding of the process of putting rather than its results in a guide that describes how to overcome psychological obstacles and achieve peak performance.

Your Ultimate Guide to Better On-Course Performance and Lower Scores

Zen Golf

Every Shot Must Have a Purpose

The Big Miss

Lessons And Teachings From A Lifetime In Golf

Play Magic Golf - How to Use Self-Hypnosis, Meditation, Zen, Universal Laws, Quantum Energy, and the Latest Psychological and Nlp Techniques to Be a B

The Inner Game of Tennis

A detailed plan for conquering the FEAR that sabotages swings and ruins psyches, from the pioneering psychologist whose techniques have benefited Davis Love III, Justin Leonard, and numerous other world-class golfers. As Jack Nicklaus once observed, fear is the golfer ' s greatest enemy, inspiring Tiger Woods to "refuse" to give in to this debilitating emotion. It can turn professionals into jelly and dominate the games of most amateurs. It alters swing paths, causes " tap-in " putts to go awry, and transforms a golfer from a brilliant shot-maker on the practice range into an incompetent hack on the course. Most golfers understand this, but do not have the tools to overcome it. That ' s where Dr. Gio Valiante comes in. A pioneering sports psychologist, Valiante has studied the sources of an athlete ' s fear, investigated the physiological and neurological impact of fear on performance, and, most important of all, developed a groundbreaking program for conquering it. With Valiante's help and by applying Fearless Golf, Justin Leonard went from three consecutive missed cuts to three consecutive top tens, and Chad Campbell recently moved from 98th in the world to 7th. Davis Love III went from zero wins in 2002 to four wins in 2003, and Chris DiMarco made the 2004 Ryder

Cup Team. Emphasizing the need to replace a fixation-on-results with a commitment to mastery of one's body and one's mind, Valiante's approach will not only help golfers reach their true potential, it will make playing every round fun again. Through concrete confidence and mastery drills, he presents specific ways readers can break free of fear's grasp and perform at their best—even under the most extreme pressure. With detailed quotes and anecdotes given exclusively to Dr. Valiante from the best players in the game—including Jack Nicklaus, Ernie Els, and other tour professionals, Fearless Golf is the ultimate guide to the mental game, the hottest topic in golf today.

Use the proven 3QL system and discover how to use self-hypnosis to be a better golfer and find the Zone. Enjoy a lot more confidence off the course too. Traces the author's year-long attempt to earn a competitor's spot at the PGA Tour Qualifying School, an endeavor marked by such challenges as crash diets, sports psychiatrists, and obscure tournaments. 30,000 first printing.

Part inspiration, part information narrative for our story is based on walking meditation, also known as mindful walking; an active practice that requires you to be consciously aware and moving in the environment rather than sitting with your eyes closed. Just as The Life-Changing Magic of Tidying Up, Marie Kondo's mega-selling book (over 4 million copies sold worldwide) provides readers with a life/spiritual philosophy embedded in the how-to of minimalism (with practical tips for de-cluttering of one's home), A Walk in the Wood provides a narrative grounded in the simple act of slowing down, observing what is around us, and being present. Appealing to adults who are actively searching ways to join the JOMO movement (Joy of Missing Out and being content just "being"), A Walk in the Wood also makes for a perfect gift for stressed-out family members and friends.

Be a Player

A Walk In The Wood

Snowflakes in the Sun

Conquering the Mental Game

Golf's 1St Mental Scorecard

Mental Toughness Training for Golf

Golf: The Art of the Mental Game

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart

practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.” —from the Foreword by Pete Carroll

Gives practical advice on how to improve one's golf swing, stresses the importance of relaxation, balance, momentum, steadiness, and rhythm, and suggests practice exercises

By combining classic insights and stories from Zen tradition, Zen Golf helps eliminate the mental distractions that routinely cause poor shots and loss of concentration, allowing golfers to feel in “the zone” that professionals have learned to master. “The lessons in Zen Golf make the mental game seem so simple. Dr. Parent has given me very effective methods for working with thoughts and emotions, and for taking the negatives out of the picture.” —Vijay Singh, Masters and PGA Champion The best players know that golf is a game of confidence, and most important, concentration – the ability to focus and block out distraction. The goal of achieving clear thought is also at the heart of Buddhist teachings. In his highly original and groundbreaking book, noted PGA coach and Buddhist instructor, Dr. Joseph Parent, draws on this natural connection and teaches golfers how to clear their minds, achieve ultimate focus, and play in the moment for each shot. Zen Golf presents a simple system for building “mental game mastery.” Dr Parent's unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. In chapters such as “How to Get From the Practice Tee to the First Tee”, “You Produce What You Fear”, and “How to Enjoy a Bad Round of Golf”, the author shares a personal teaching regimen that has helped improve the games of professionals and amateurs alike. Clear, concise, and enlightening, Zen Golf shows golfers how to prepare for, execute, and equally important, respond the results of any golf shot. A different approach to golf instruction, this book shapes ancient philosophies into new teachings.

'You drive for show, you putt for dough'. This old saying is familiar to all golfers and Bob Rotella, one of the foremost authorities on golf today, is a firm believer in its truth. In Putting out of Your Mind 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 a resonant and informative guide to achieving a better golf game. While most golfers spend their time trying to perfect their swing so they can hit the ball further, Rotella encourages them to concentrate on their putting, the most crucial yet 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 of course mastery begins with an understanding of the attitude needed to be a better putter. Rotella's mental rules, which have helped some of the greatest golfers in the world to become champion putters can now work for golfers everywhere. With everything from true-life stories from some of the greats to dozens of game-changing practice drills, *Putting out of Your Mind* is the new bible of putting, and is sure to bring about immediate results for anyone who plays the game.

The Best Diet Book Ever

50 Tips for Mastering the Mental Game

The Zen of Losing Weight

Meditations on Mindfulness with a Bear Named Pooh

How GOLF54 Can Make You a Better Player

Mastering Golf's Mental Game

The Classic Guide to the Mental Side of Peak Performance

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.

A collection of wit and wisdom on golf offers practical advice to everyone from golf pros--including Tom Kite, Ben Crenshaw, and Sandra Palmer--to high-handicap amateurs. 20,000 first printing.

Zen Putting

The Mindful Golfer

The Secret to Winning Golf's Game Within the Game

Zen Tennis

My Years Coaching Tiger Woods