



The Unstoppable Golfer

By Dr. Bob Rotella

Simon Schuster Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 188 x 130 mm. Language: English . Brand New Book. 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 pounds from his mates on Saturday morning, it s the little shots that make the difference. In The Unstoppable Golfer, Rotella, who has worked with stars such as Darren Clarke and Graeme McDowell, will teach readers how to use their minds to master the short game, by achieving a calm state of mind in which the focus is on only one thing - the hole. In addition to preparing players mentally, Rotella will also explain the science of memory, and how knowledge of the brain s workings - in particular how it masters physical tasks - can improve a golf game, particularly the short game. The path to greatness isn t an easy one, and a player needs inspiration, which will come from great stories about the golfers and other sports professionals that Rotella has worked with. Mastering the short game provides...



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