



The Unstoppable Golfer (Paperback)

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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