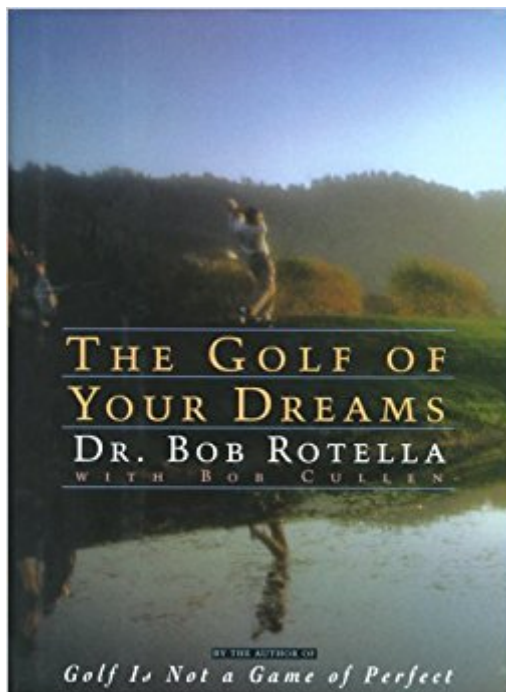


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# The Golf Of Your Dreams



## Synopsis

Fifteen years ago, the average male golfer's handicap was 16.2. The average female golfer's handicap was 29. Today, the average American male golfer's handicap is 16.2 and the average female golfer's is 29. American golfers have not gotten any better. World-renowned performance consultant and sports psychologist Dr. Bob Rotella now offers "The Golf of Your Dreams" for the golfer who is determined to get better but hasn't figured out how to go about it. Dr. Rotella's program is based on strategies found to be successful with tour players such as Tom Kite, Brad Faxon, Pat Bradley, and Davis Love III. Dr. Rotella knows that if you want to play your best golf ever, you must admit to yourself that you want to be good and that you have the necessary talent to play well. But that's not all. You must commit yourself to a process that will improve your game. In "The Golf of Your Dreams," Dr. Rotella provides tips on how to:

- Choose the right teaching professional
- Communicate your dreams and goals to your teacher
- Get your teacher to teach you as a student serious about improving
- Break old habits and develop new ones
- Practice efficiently and effectively so you can take your learning from the practice area to the golf course

"The Golf of Your Dreams" will make you keenly aware of what you have to do in order to play the kind of golf you've always sensed you were capable of playing.

## Book Information

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## Customer Reviews

Here's a hard fact of golf life: despite the technological improvements in golf equipment and the billions of dollars spent on that gear, the average golfer is still as bad as he or she was 15 years ago. Bob Rotella, sports psychologist and author of *Golf Is Not a Game of Perfect* and *Golf Is a*

Game of Confidence, knows what the problem is: commitment. Once a player commits himself to doing better, and does what it takes to achieve that goal, he or she will improve. Rotella's plan for making and following through on that commitment is an excellent one. He says very clearly, and right at the beginning of the book, that his plan isn't for someone who plays golf once a month for pleasure. This is for hard-core dimpleheads, male or female, and it's a serious, extremely workable program.

Davis Love III My father spent many years teaching me to play golf, but when I reached the PGA Tour we realized that a poor short game was holding me back. My father suggested that Dr. Bob Rotella could help me reach my potential as a tournament golfer. Bob taught me a steady routine and has given me the confidence in my game to play at the highest level of competition.

Nice book to look at during the winter when you can't play. Helpful.

I have read all three of Dr. Rotella's books: 'Golf is Not a Game of perfect', 'Golf is a Game of Confidence', and this piece 'The Golf of Your Dreams'. If you have read 'Golf is Not a Game of Perfect' you will not get much more insight into the mental aspect of the game in this book. Although some material is repeated here it definitely is not a complete rehash of his other books. However, the book can be summed up to: find a golf pro, and commit to a practice schedule. That's pretty much it. Now the reason this book gets three stars is because there is something about Dr. Rotella that is very motivational. The things he discusses make you believe that you can get better, that you are capable of playing 'the golf of your dreams'. And I don't doubt that you are. But if you are a very self motivated person, just find a reliable pro, promise to practice consistently, and you'll be on your way. But, if you are like me, and always need a little push in the right direction from someone who knows how to say things in the right way, then pick this book up. It might not be his best work, but it's worth the money if you're willing to put in the time.

I'm a strong believer that advice is only useful if you need it and only helpful if, you follow it and benefit from it. Most advice is just a distraction from really changing and working on what you need, most of the time it screws you up! This book or tape at least won't screw you up and get you heading in the wrong direction. With that said, throw out all the magazines and tips books you have bought and commit yourself to really changing, that is the message of this book and it will tell you exactly how to go about it. I love to listen to Dr. Bob in the car when traveling to the range or golf

course because he will put you in the mind to play golf or focus you on your game improvement needs. I rate the tape highly because I needed the information and have improved my game because I followed some of the advice given on the tape. For less than \$10.00 it was the best money I have spent on Golf Improvement in a long time.

Hits: This book is a good read for beginners. Wonderful advice on finding the right instructor and the importance of lessons. There are good examples to support his reasoning. Misses: Some of the chapters appeared redundant, as some of the points from one chapter seemed to be carried into another. Some of the chapters were rather boring because of this, and the book lacked the flow that I was looking for from subject to subject. While it does offer some good advice for beginning/novice golfers, I found it to be of no significant help to more accomplished players. Maybe after reading arguably the greatest golfing book he's ever written, "Golf is a Game of Perfect", I was expecting more.

Throw out all the magazines and tips books you have bought and commit yourself to really changing, that is the message of this book and it will tell you exactly how to go about it. I love to listen to Dr. Bob in the car when traveling to the range or golf course because he will put you in the mind to play golf or focus you on your game improvement needs. I rate the tape highly because I needed the information and have improved my game because I followed some of the advice given on the tape. It was the best money I have spent on Golf Improvement in a long time. END

Rotella's, *Golf Is Not A Game of Perfect*, is a great book that anyone, not only avid golfers, will find interesting and thought provoking. I have bought multiple copies and give them out to friends and my fellow co-workers as gifts. Unfortunately, I did not find, *The Golf of Your Dreams*, to be of the same caliber. Whereas the former was a crisp read and hard to put down, the latter dragged in many places and seemed to be a rehash of his first book. I am a fan of his first work and hope to see some work from him that can match it in quality and readability.

Little contained in this book not already known by serious golfer or athlete. Chapters about choosing a pro and sticking with the pro over years took many pages to describe something that is mostly common sense. On the other hand, advice about commitment to an improvement program, the improvement cycle, value of a systematic approach and the time needed to make significant improvement rang true. I'll see over the years what sticks.

I purchased this book years ago and misplaced it. Since it gave me excellent results I decided to purchase another one wanting to get the same results. I took several years off because of health issues so I decided to give it another shot. If you purchase this book and follow his game plan I guarantee you will get excellent results also. It takes time and effort but it is all worth it in the end when you win the money and match against your opponents. Good luck

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