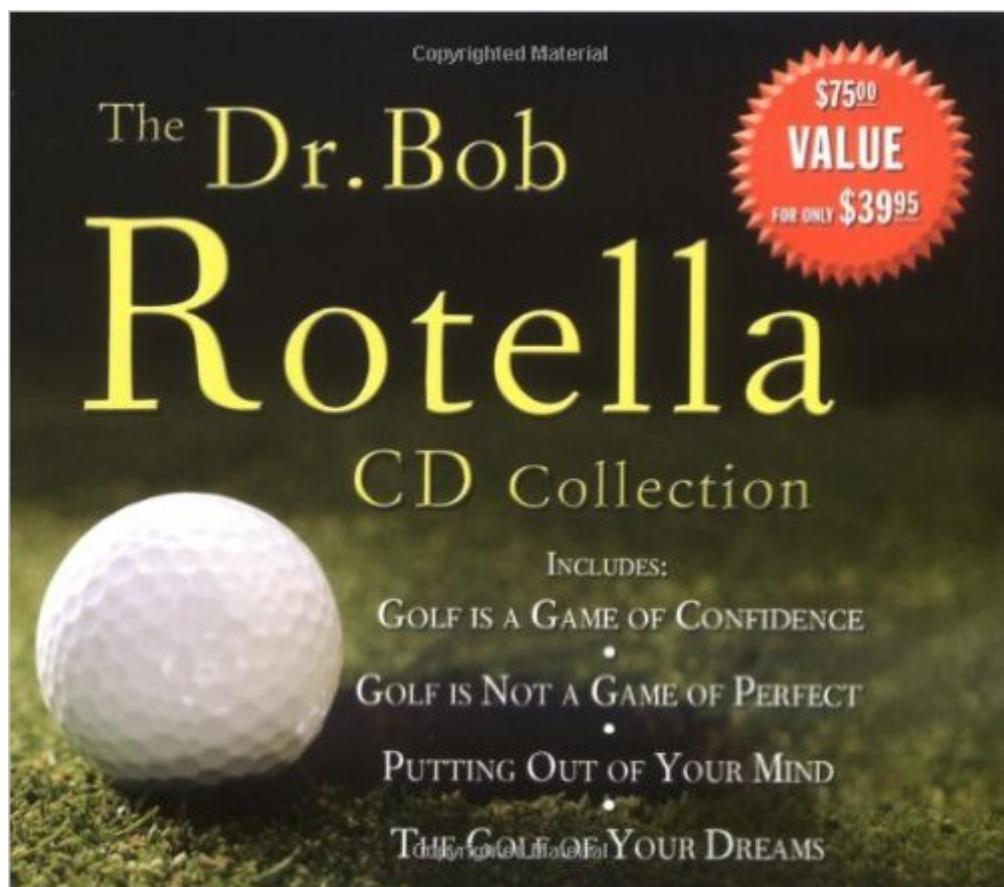


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# The Dr. Bob Rotella CD Collection



## **Synopsis**

GOLF IS A GAME OF CONFIDENCE Dr. Bob Rotella, whose clients include Nick Price, Davis Love III, Tom Kite and Pat Bradley, is firmly established as the premier performance enhancement specialist in the golf world. In *Golf Is a Game of Confidence*, "Doc" Rotella focuses on the most important skill a golfer can have: the ability to think confidently. GOLF IS NOT A GAME OF PERFECT In *Golf Is Not a Game of Perfect*, Rotella goes beyond the usual mental aspects of the game and creates a mindset about all aspects of a golfer's game, from mental preparation to competition. With a dynamic blend of anecdote and lesson, Rotella helps golfers improve their game and have more fun playing. PUTTING OUT OF YOUR MIND In *Putting Out of Your Mind*, Rotella offers entertaining putting. He reveals the unique mental approach that great putting requires and helps golfers of all levels master this essential skill. THE GOLF OF YOUR DREAMS The *Golf of Your Dreams* offers a programmatic guide for the golfer who is determined to get better but hasn't figured out how to go about it. It is an approach that Dr. Rotella and his clients have tested for over twenty years, one that has been proven to work consistently with all levels of golfers.

## **Book Information**

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Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (39 customer reviews)

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## **Customer Reviews**

Having read a couple of Rotella's books I knew what to expect, but listening to the CD's was still very helpful. His level headed approach to keeping your cool and playing in the moment should do much to keep my head in the game. His advice is not trendy or overdone. Very practical but very believable. His style is anecdotal, informal and approachable. Well worth a listen.

It's amazing how Rotella knows every single thought that passes through a golfers mind while putting, approaching or while making any other type of shot. The examples and exercises are very helpful, I thought it would be difficult to imagine all the scenarios, since this is my first audiobook, but I had no problems at all! If you play golf and want to improve your game and handicap this is definitely a must have!

Playing golf, getting lessons from the like of the great Dave Stockton(Mac O'grady system) and , attending the Masters for the last 10 years..none of that helped me like these Cds.My attitude and direction for a better game helped me garner my 1st Senior National Championship 2007 (1st flight Costa Rica). Find a pro, learn the mechanical side, and most importantly, trust the Rotella Mental game!

I'd really had few expectations about something like a psychologist saying things about golf playing. But I found myself so nervous last amateur tournament I engaged, that I was about to try anything. What a surprise!! Not only my game has improved immediately, but, most important, I'm having much more fun. Brazilian government has charged me 60% import taxes but even so it worthed every penny.

Dr. Rotella is the one of the most (if not the most) respected sports psychologist in the world. His list of clients speak for themselves. This contains the audio books from 4 of his most well known works and is worth the time for any golfer wanting to improve their mental game (which is the most important part is it not?). Dr. Rotella gives great tips throughout the material and then gives some great real life examples to hammer the point home. The only negative I can say about him is that this material is geared to help the better golfers that really think about the game. I would say you need to be a 20 handicap or better to really unitize this stuff but if you are a higher handicap then get this set and get some lessons from a local pro and have at it.FYI, I am a 3 handicap and play once a week.

We listened to these as a family and have explained to our kids that some of the concepts work great in life, not just golf. But in golf, my 15 year old son's golf score dropped dramatically and he attributed much of it to these CD's. His coach even noticed the improvement and loved that my son had gotten so much out of these.

Nice package, the only reason why I haven't given it a 5 star is because it doesn't read the book work for word. I have putting out of your mind hardcopy and It misses some things out from the book. But other than that its great. I listen to it while i am driving, makes a good change from music and you learn something new every time you listen. This will help your golf game and how you think about the game and how to practice.

Fantastic value for money. Any experienced golfer will understand the importance of the metal game of golf. This series of cds will get you thinking differently about golf - I have just had two shots shaved off my handicap!!

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