For the last decade, golfers of all abilities have been drawn to the writings and teachings of Bob Doc Rotella. His books Golf Is Not a Game of Perfect, Golf Is a Game of Confidence, The Golf of Your Dreams, and Putting Out of Your Mind have all become classics for golfers everywhere. Weekend golfers and pros like Brad Faxon, Darren Clarke, Padraig Harrington, Tom Kite, and Davis Love III all read and listen to the man they call Doc because his teachings are simple and direct -- and in the end, what Doc says makes them play better golf. The Golfers Mind was actually first suggested by Davis Love, Jr. -- Davis Love III's dad -- who encouraged Doc to write an instruction book on golf's mental challenges, organized by topic. Love thought that golfers could keep the book with them, or at least nearby, at all times. When they needed a refresher on a certain issue, they could consult the book, read for a few minutes, and take away solid guidance regarding their difficulties. Doc heard what Love said, and twenty years later, The Golfers Mind is that book. From his Ten Commandments (Commandment I. Play to play great. Don't play not to play poorly) to just about any topic a golfer might imagine, this is the ideal way for players to get all of Rotella's teachings. Doc covers topics including: Butterflies Practicing to Play Great The Rhythm of the Game Routine Setbacks How Winning Happens In the perfect format for the busy golfer, The Golfers Mind is the concise and convenient quick-reference tool to appeal to Rotella's millions of followers and is sure to become a golf classic.

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My Personal Review:
After struggling to find the right temperament on the golf course for many years, I have finally found the answer in the form of this book.
My change in mental approach to the game of golf has enabled me within weeks to get my scores down to my single figure capabilities and be able to relax and enjoy golf as the game that it is.

I wish I had read it 30 years ago.

It is a must read for golfers of all standards and experience.

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The Golfers Mind: Play to Play Great by Dr. Bob Rotella - 5 Star Customer Reviews and Lowest Price!