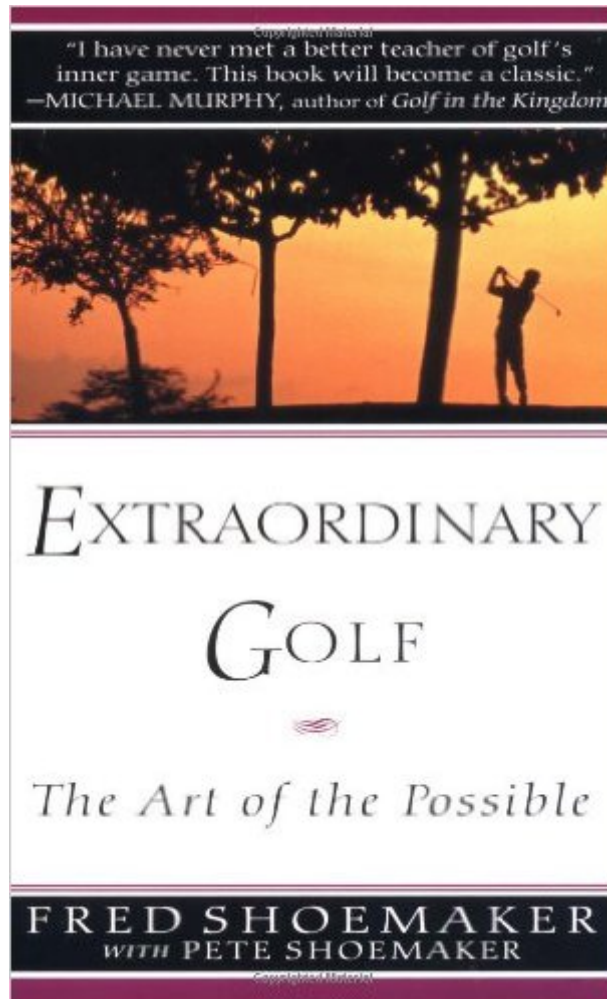


The book was found

Extraordinary Golf: The Art Of The Possible (Perigee)



Synopsis

Most golfers approach the tee with a complex mental package: worries and judgments about their swing, the other person's swing, the course, the weather, looking good, looking bad. They think about what's wrong instead of what's possible, and this is what Extraordinary Golf teaches: the art of the possible. Drawing on his experience teaching both amateurs and professionals for more than fifteen years, in his clinics around the country, in his Golf in the Kingdom seminars at the Esalen Institute, and at his own School for Extraordinary Golf in California, Shoemaker shows how extraordinary golf can be coached, learned, and practiced, with results not only in people's scores but in their sheer pleasure in the game. Combining a host of practical exercises with an entirely new point of view, he demonstrates how to focus not on the voices in your head but on the reality of golf: the club, the ball, your body, the course - the elements that actually make up your game. He shows how to approach shots creatively, instead of mechanically; how to read greens simply by staying awake; how to develop a powerful and consistent swing by rediscovering trust for your instincts; and how to improve yourself in competition by determining what you're competing for. He also gives simple guidelines on how to coach yourself, your spouse, and your children successfully.

Book Information

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Customer Reviews

This is a long review, but I hope you hang in there. Just to put everything in context, I've bought the following golf books in the last few months: How to Break 90 (Tomasi, et al) The 30-Second Golf Swing (Tomasi) Five Fundamentals (Hogan) Five Fundamentals (Elkington) Plus I've flipped through

dozens of books in the store. And I've visited every golf site know to man. Or woman. We're talking minimal improvement after 2 months of hard work -- and I'm a fairly gifted athlete, modesty aside. Minimal improvement and not much joy. And this is a game I used to LOVE in my teens. Minimal improvement. And just in case you thought I was looking for instant mastery, I'm not. There's no such thing anyway. But I WAS looking for a ray of hope. A ray that says, "If you stick to this general way, improvements and a sense of accomplishment WILL come with time." Enter "Extraordinary Golf." Read it a couple of days ago with a growing sense of excitement. This morning I tried some of Shoemaker's awareness/concentration exercises down in the basement for 45 minutes. (Then started making up some of my own!) Was CONSISTENTLY making 30-foot chips to within about 18 inches of the "hole". And sometimes IN THE HOLE. I'm talking about 95 out of 100 very very good shots, (to within 2 or 3 feet) simply by PAYING ATTENTION to what was going on, NOT trying to fix anything, and simply having FUN.

Fred Shoemaker gently and persuasively reminds us that golf is an experience, rather than a result. It's only by being aware and in the moment that we can really enjoy the experience - or play our best. Yet, as he clearly illustrates, the "Culture of Golfers" is to focus on the results and on what's wrong with our game... which robs us of both the enjoyment, and the potential to play to our full ability. Why do I recommend this book so highly? Because golf is meant to be fun, not a chore or a test. If you love the game but find yourself constantly frustrated or disappointed - read this book! Or if you're intrigued by the game but intimidated by all the jargon and attitude you hear - read this book! Oh, and does it deliver? Yes! Personal example: As a 14 handicapper I'm constantly obsessed with breaking 80. Typically I start every round with the best of intentions to just enjoy the walk... but after a couple of good holes, or a couple bad ones, I start the mental games of "Don't goof it up!" or "Fix it!", which continue through the rest of the round. So it was with my most recent round: a rough start and already I'm 5 over par, struggling to find my swing. But this time there were two differences: (1) I'd begun re-reading Extraordinary Golf (first read it 2 years ago), and (2) my playing partner was having an even worse round, loudly expressing all the frustration and anguish that often entails. With Shoemaker's coaching in my mind, and such an obvious example before me, I was able to make a different choice about my day. I was able to follow his guidance to relax and just focus on being aware. So did I break 80? Nope - shot an 81. But I played the back nine in 2 over, a personal best on that course.

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Extraordinary Golf: the Art of the Possible (Perigee) Absolutely Hilarious Adult Golf Joke Book: A

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