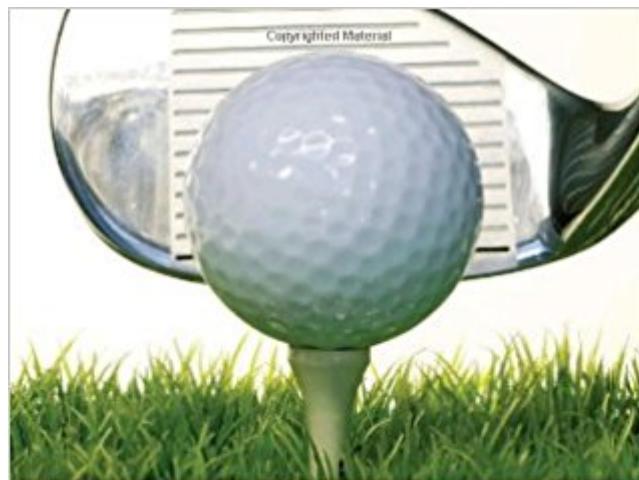


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The Inner Game Of Golf



The Inner Game of Golf

"The best sports psychology book ever written about golf."

—Inside Golf

W. Timothy Gallwey

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Synopsis

SHARPEN YOUR MIND AND SHINE IN YOUR PERFORMANCE IN THE GAME OF GOLF AND IN THE GAME OF LIFE. Timothy Gallwey's bestselling Inner Game books—both with more than one million copies sold—have revolutionized the way we think about sports. As he did in his phenomenally successful *The Inner Game of Tennis*, Gallwey provides methods that can be applied to situations beyond the green. *The Inner Game of Golf* delivers strategies to achieve potential both in the crucible of competition and in everyday life. With Gallwey as a guide, you'll learn how to defeat your mental demons and find clarity under pressure—dispel tensions that can sabotage your performance—build confidence and overcome insecurities that can hijack your best instincts—employ the art of "relaxed concentration" to improve your swing, your game, and your life. No matter what your skill set, Gallwey's pioneering strategies, real-life examples, and illuminating advice are perfect for anyone who strives to be a champion on and off the course.

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Customer Reviews

Long before Dr. Bob Rotella made tweaking a golfer's head as important as tweaking his swing, Tim Gallwey, who knew virtually nothing about the mechanics of the game when he penned the first edition of this visionary work, understood that even the best technique collapses when the mind cracks under the game's pressure. Gallwey's ultimate insight into the game was that a golfer's mind is a golfer's worst enemy; too much thinking only gets in the way. The new edition of this groundbreaking instructional continues to preach such "Inner Game" fundamentals as trust,

concentration, visualization, feel, and relaxation, and is full of what Gallwey calls "awareness exercises." Much of what he has to say seems obvious in a world in which most good athletes have some kind of psychological guru always at the ready to help improve performance, but Gallwey, with his bagful of anecdotes and encouragement, was one of the first to explore this uncharted territory, and still remains one of the most readable. --Jeff Silverman --This text refers to an out of print or unavailable edition of this title.

Ã¢ "The best sports psychology book ever written about golf.Ã¢ Â•Ã¢ "Inside Golf

This is the best golf book ever written. It might sound hyperbolic but I mean. I should qualify that statement with a simple disclaimer: this is NOT a technical examination of the mechanics of hitting a golf ball (although the section about teaching beginners is brilliant). This is a book for people who already have a mountain of technical information between their ears, each little swing key competing with the last, sabotaging their natural ability to perform the athletic sequence of a golf swing. I'm still selling it short. This is a philosophy book. You know the old saying "he's his own worst enemy"? Welcome to the explanation. We have an analytical part of our brain that dominates our internal discourse. He is omnipresent and opinionated, and he often usurps control of functions that are perfectly suited to our instinctual selves. In other words, he tries to micromanage the very things he's unsuited for. The golf swing is a perfect example. This book teaches you how to give that analytical part of your brain something constructive to do, something for which he has real aptitude--awareness--and frees up the instinctive part of self to perform the complex actions he is perfectly suited for without the constant criticism and absurd expectations of the analytical self getting in the way. It will take time to condition the analytical self to his new roll. He will try to pop back up in the roll where he is least effective. This is great practice. He's easy to fool. Give him something useful to do and go back at it. You will play better golf than you've ever played in your life, and you will finally know how to enjoy the game without that destructive attachment to the outcome of every single shot that has ruined so many perfectly good rounds of golf.

The book itself is fine. It's a little long-winded, but otherwise fine and a different spin on game-improvement books. Unfortunately, the e book version is unreadable, specifically, the tables which are garbled and might as well be written in hieroglyphics. Buy the book if it interests you ... just be sure to buy a printed version.

Timothy Gallwey has established himself as one of the foremost educators extant. And all from an error. In his youth, he was a skilled champion tennis player, yet he failed to hit a point that he had practised thousands of times at a crucial moment in a finals. What was the difference in that moment that prevented him his deserved success? Upon thinking about the moment, he uncovered an incredible principle of learning which he turned into a structure which allows the separation of talent from errors: Performance equals potential minus interference. Gallwey has become the topmost explorer of "stuff" that prevents us from achieving anything close to our natural excellence. In a series of books, of which this one is the most famous, he has applied the formula to tennis, golf, skiing, music, business and just natural day-to-day living. Awareness and self-correction are the bi-words that allow for discrimination between real potential and the interference that block awareness. His examples and drills aim at identifying the interference and the means to diminish their impact. If you want to find what your potential really is and ways to realize it, Gallwey is your guide.

Nice follow-up to Gallwey's classic *Inner Game of Tennis*. Some nice swing rhythm ideas, and a low-pressure approach to a usually high-pressure game.

This is a quite unique and valuable book, that emphasizes the mental game. It is unique in that the author is not a highly skilled golfer. His real forte is tennis, and his book on the inner game of tennis is what lead him to venture to the sport of golf. To summarize his approach, he emphasizes getting away from relying mainly on a myriad of mechanical thoughts, and instead on learning to trust your native abilities. He emphasizes things like relaxation techniques, ways of minimizing the excessive tension that afflicts all but the very finest players. (Although even the very best sometimes focus on the mechanical so much that excessive tension creeps into their games. A few years ago Justin Leonard was in the midst of a slump until he finally realized that his grip pressure had increased FOUR fold!) I will say that the first edition of this book went to extremes, practically claiming that no mechanical thoughts at all were needed. I believe that some of that naivety has been eliminated in this edition. The ideal has to be a blend of mechanical and mental approaches to the swing. This book can help. His approach is a needed counterpoint to the excessively mechanical approach that the typical serious amateur player takes. 'Paralysis by analysis' is a real problem, and by addressing the mental side of the game, and learning to TRUST the innate abilities our bodies have rather than trying to make everything happen, you can free up your swing and play with more confidence and less frustration. Is this book a panacea? No! You will have to work at these skills just like you work

on your mechanics for them to become effective under pressure, but they do help if you stick with them.

I bought this book for my 11 year old grandson who plays golf. He began reading it immediately and has learned so much already. He has been golfing since he was 7. His golf instructor suggested the book. He has learned to concentrate more and after reading half the book already has improved his score by 8 strokes. He is teaching his younger brothers what he is learning and their game is improving also. Great book that is highly recommended and that can be helpful with other sports.

This book challenged me to think about how I approach golf (and life) and confront where expectations may be hindering my learning, enjoyment, and progression. Whether you shoot 120 or 70, there's a bigger lesson awaiting inside these pages. Really enjoyable, great read.

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