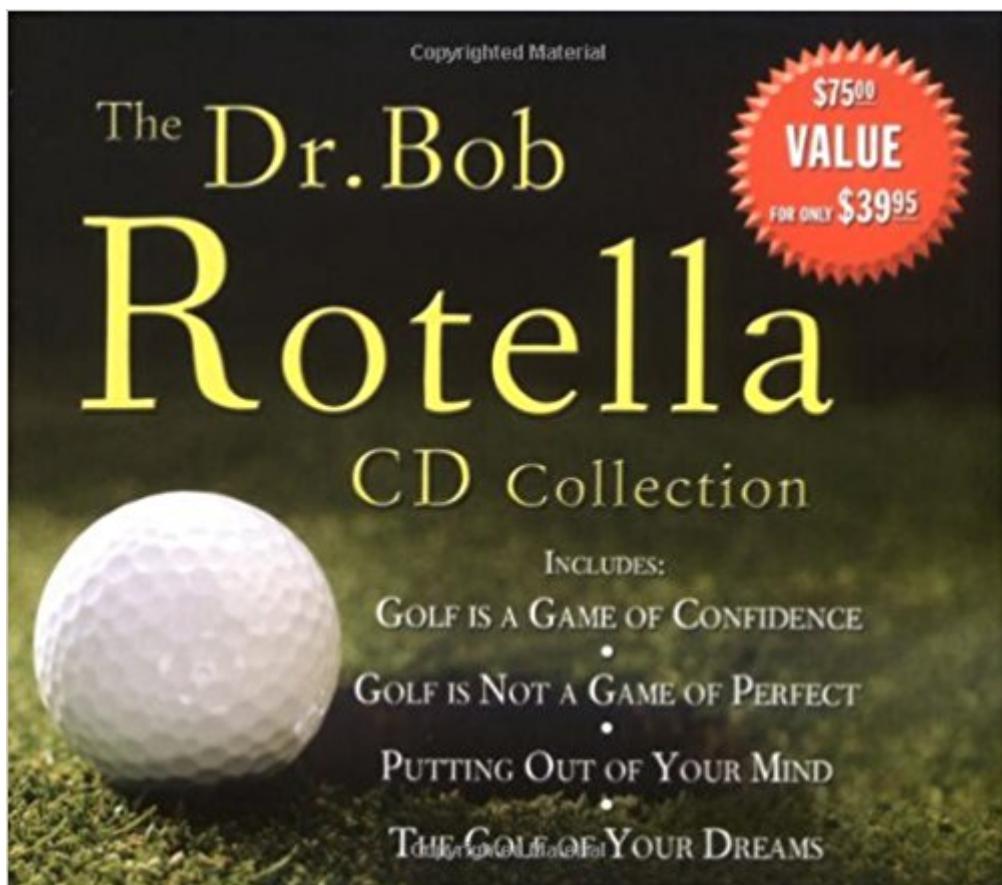


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# The Dr. Bob Rotella CD Collection



## **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**

Audio CD

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Product Dimensions: 5 x 1.2 x 5.8 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 40 customer reviews

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## **Customer Reviews**

Dr. Bob Rotella was the director of sports psychology for twenty years at the University of Virginia, where his reputation grew as the person champions talked to about the mental aspects of their game. His client list includes Hall of Fame golfers like Pat Bradley, Tom Kite, and Nick Price as well as stars of the present, such as Darren Clarke, Keegan Bradley, Padraig Harrington, Graeme McDowell, Mark Wilson, and Rory McIlroy. A writer for and consultant to *Golf Digest*, he lives in

Virginia with his wife, Darlene. Dr. Bob Rotella was the director of sports psychology for twenty years at the University of Virginia, where his reputation grew as the person champions talked to about the mental aspects of their game. His client list includes Hall of Fame golfers like Pat Bradley, Tom Kite, and Nick Price as well as stars of the present, such as Darren Clarke, Keegan Bradley, Padraig Harrington, Graeme McDowell, Mark Wilson, and Rory McIlroy. A writer for and consultant to Golf Digest, he lives in Virginia with his wife, Darlene.

I am not a person to look for Guru's or sages. I like someone who provides solid information and recommendations. Dr. Rotella fits this description! The presentation is not swing theory but about the mental approach to playing YOUR best golf. We all have some measure of ability. I believe that this book helps one play closer to one's potential. Dr. Rotella provides anecdotes from his experience helping PGA pro's and others. He explains how to get in the proper frame of mind to both focus and relax. His explanation of "what" and "how" has helped me relax and have more confidence in my game. The result has been more consistency in my game, fewer big errors, and the ability to forget a poor shot and get back in the groove. I have found that after reading the book and now occasionally playing the CDs I have been able to implement his teaching to a satisfying degree. The book and now the CDs have really helped both my scores and my enjoyment of the game. (13 handicap 65+ year old putzer. )

The 4-CD audio books package arrived in 5-7 business days, standard shipping. Used condition purchase in very good condition. I am very happy with my purchase for the price. I listen to the CDs at home and in my car. Four audio books in gift-package (used very good condition). Each "book" has two CDs. I like that I can listen to them over and over, hands free.

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 utilize 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.

Good reading.

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.

They leave out huge chunks of the books on the CDs. Buy the books and don't waste your money on these CD's

These CD's are a great introduction to the mental side of golf. I have listened to 3 of the 4 CD's and have found them interesting, entertaining and thought provoking. They are great for those of us who have a lot of time in the car each day, but little time to read. It seems as though they are a relatively condensed version of the book. I have especially enjoyed "The Golf of Your Dreams." It details the mental state and the mental commitment that are necessary to improve. This has provided me with a deeper commitment to improve, as well as further motivation.

Several of my amateur golf friends have the Dr. Bob Rotella CD collection. We tease one another during someone's challenging golf shot and ask, "What would Bob say?" Bob's words of wisdom are reiterated throughout our weekend game. Bob is our guru, our fifth player, our coach (we can't afford a live one). His soothing voice, superb credentials, and common sense approach make this a winner!! Bob is good for those having anger issues over lousy shots. I highly recommend this set. One needs to enjoy, laugh and move on regarding their golf game. Go Fore It!!

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