Unconscious Scoring

The first putting book in more than a decade from the world’s best-known-and bestselling-golf instructor. With numerous bestselling books, coast-to-coast golf schools, and lessons to elite pros, Dave Pelz has founded an empire based upon his scientific approach to putting. His last puting book, Dave Pelz’s Putting Bible, was a blockbuster, but his fans are eager to learn the master’s newest and most up-to-date techniques. Their wait is finally over. In Dave Pelz’s Putt to Win Secrets, he synthesizes the lessons he gives to elite pros, including Phil Mickelson, Vijay Singh, Steve Elkington, Bo Van Pelt, and Max Hauri—not to mention the thousands of amateurs who attend the Dave Pelz Scoring Game schools and clinics every year. Pelz guides readers through the process of fine-tuning existing strokes, creating new skills and techniques, and using feedback devices at home, where it’s easy to find the time to make it happen, all in the name of improving your putting skills. Every golfer knows that improving his or her putting will lower scores, yet great putting remains one of the game’s most elusive goals. Filled with full-color instructional photos and step-by-step lessons, Dave Pelz’s Putt to Win Secrets is the answer to a golfer’s dream: It shows the way to improve your putting by playing games in the comfort and convenience of your own home during the week, so you can shoot lower scores on the course on the weekends.

The Long and the Short of It

This old adage is familiar to all golfers but is especially resonant with Dr. Bob Rotella, the bestselling author of Golf Is Not a Game of Perfect and one of the foremost golf authorities today. In Putting Out of Your Mind, Rotella offers entertaining and instructive insight into the key element of a winning game-great putting. He reveals the unique mental approach that great putting requires and helps golfers of all levels master this essential skill. Much like Golf Is Not a Game of Perfect and Golf Is a Game of Confidence, Putting Out of Your Mind is an informative and valuable guide to achieving a better golf game. While most golfers spend their time trying to perfect their swing so they can drive the ball farther, Rotella encourages them to concentrate on their putting—the most crucial yet often overlooked aspect of the game. Great players are not only aware of the importance of putting, they go out of their way to master it, and mastery can only begin with the mental approach. Every golfer’s attitude needs to be a better putter. Rotella’s mental rules have helped some of the greatest golfers in the world become champion putters and, for the first time, are available to golfers everywhere. With everything from true-to-life stories of such greats as Davis Love III, David Duval, and Brad Faxon to dozens of game-changing practice drills, Putting Out of Your Mind is the road bible of putting for amateurs and pros alike.

See It and Sink It

The renowned LPGA instructor and best-selling author of Zen Golf draws on his expertise with training such champions as Vijay Singh and Cristie Kerr to place the art of putting in a context of Zen Buddhist philosophy, outlining simple but effective techniques that address immediate physical and mental challenges.

Behind the Ryder Cup

Just in time for Father’s Day, here is a unique, beautifully designed and illustrated golf guide by a top teaching pro. In this enlightening golf parable, a tycoon who takes his game very seriously learns “quantum golf” from a farmer in Iowa, and therein lies the secret of success--on the course and in life as well.

Moneyball (Movie Tie-In Edition) (Movie Tie-In Editions)

From the unquestioned expert in the field of putting, the authoritative guide to the golfers’ putter: “Working with Katherine for the last couple of years has allowed me to compete at a very high level.” --Gary McCord, CBS golf commentator and Senior PGA Tour player Katherine Roberts, founder and host of the “Golf for Golfers” program on the Golf Channel, offers her unique educational methods in this groundbreaking book, providing instruction to the millions of golfers—including many top tour professionals—to the art of yoga to improve their game. Based on 28 years of expertise, Yoga for Golfers connects the mind and body to create a powerful fitness regimen, including: Yoga postures specifically selected for a golfer’s needs Proper breathing techniques Mind-relaxation methods Injury-reducing stretches Visualization tools--for success on and off the course

Unconscious Scoring Deluxe

Nailed as a classic and read everywhere golf is played, Golf My Way has sold more than 2 million copies worldwide since it was first published in 1974. Finally, Jack Nicklaus, golf’s leading master, definitively covers the whole of his game through a lifetime of greatness. Golf My Way presents an all-inclusive, A-to-Z explanation of how this greatest of champions thinks about and plays the game. This book includes: -New introduction, endpiece, and illustrations -Brand-new chapters discussing the changes in Nicklaus’s outlook and techniques -Reflections on the differences in tournament golf today compared with when Nicklaus joined the PGA tour in 1962 -Advice on the mental elements of Improved playing that are not directly related to ball-striking or shot-making

Every Shot Counts

"Weight Training for Women’s Golf" is the most comprehensive and up-to-date women’s golf-specific training guide in the world today. It contains descriptions and photographs of the most effective weight training, flexibility, and abdominal exercises used by top female golfers worldwide, including Annika Sorenstam. This book features year-round golf-specific weight-training programs guaranteed to improve your performance and get you results. No other women’s golf book to date has been so well designed, so easy to use, and so committed to weight training. This book enables female golfers of all skill levels to add extra yards to their drives and irons. By following this program, you can develop the flexibility and strength required to eliminate fatigue and increase distance with every club in your bag. With stronger and more flexible muscles, you will not only hit the ball farther but you will have better control over all of your shots throughout the round. Most importantly, you will reduce your chances of injury and be able to play 18 holes at your highest level.

Golf My Way

Top teaching professional Sones shares his secrets to successful putting in this beautifully illustrated book, discussing such subjects as mental imagery, finding the right putter, reading greens, and controlling speed. 100 photos & illustrations.

Every Shot Must Have a Purpose

A history of the longstanding US-vs.-Europe golf competition—told by those who have participated. Includes numerous photos. Go inside the locker room for a history of the Ryder Cup as you’ve never experienced it before. Ranging from the origin matches that preceded the first official trans-Atlantic encounter between Britain and America at Worcester Country Club in 1872 through to the Fortieth instalment at Gleneagles, this is the history of the Ryder Cup told by the men who have been there and experienced that history and exclusions garnered from interviews with players and captains from across the decades. Behind the Ryder Cup unveils the compelling truth of what it means to play in golf’s biggest match-play event, where greats of the game have crumbled under pressure while others have carved their names into sporting legend.

Your Short Game Solution

"The Pro Tours’ Hottest Coach" (Golf Digest) reveals the secrets that helped Phil Mickelson win the 2010 Masters and can utterly transform every player’s game. When a resurgent Phil Mickelson won the Tour Championship in September 2009, he was quick to credit a series of simple putting lessons from veteran golf champion and instructor Dave Stockton. As a top coach, Stockton has taught a long list of pro players—including Annika Sorenstam, Yani Tseng (winner of four LPGA tournaments), Adam Scott (Texas Open champion), Hunter Mahan (Phoenix Open champion), and Morgan Pressel (World Ladies Championship of Japan winner)—the putting strategies that finessed their game. Stockton’s breakthrough concept is that every player has their own Signature Stroke, which is unconscious. Good putting comes from the mind, Stockton says, not from a series of stiff mechanical positions. With visualization, the right frame of mind, an efficient pre-putt routine, and connection to the individual internal tools made famous by the world’s top players, players can make their own custom stroke and putts will be as individual as golfers themselves. A must-have golf book and a category-classic-in-the-making.

Radical Golf

"The Pro Tours’ hottest coach" (Golf Digest) scores the perfect follow-up to his bestselling golf guide, Unconscious Putting. Dave Stockton is hotter than ever. The 2011 U.S. Open winner, Rory McIlroy, studied with the renowned instructor and two-time former PGA champion, and credits Stockton’s teachings as the reason behind his own putting success. In Unconscious Putting, Stockton introduced amateur players to the techniques, strategies, and mental processes he uses to help tour players find so much success on the green. Now, Unconscious Scoring completes Stockton’s short-game education by teaching players how to make the most of shots around the green—the best place to achieve lower scores. Simplicity is the key to Stockton’s
remarkable instruction success, and he breaks down the short game into two components—low shots and high shots—explaining both the technique and the context of how and when the shots should be used. Besides McIlroy, Stockton has worked with champions such as Phil Mickelson, Tiger Woods, Tom Watson, and many other top-ranked names in the world. In Unconscious Scoring, Stockton illustrates his principles with examples from his week-to-week sessions with these and every other of the game’s top players. Including black-and-white and color photos and instructional video tags, Unconscious Scoring reveals the simple processes and transformative insights that every player—whatever his or her handicap—can master.

Quantum Golf

Snowflakes in the Sun

Putting has often been described as an art, but the author of this book, by trade a physicist, has analyzed it as never before, using scientific principles. Pelz has come up with a system to perfect your putting stroke— or at least to come as close to perfect as humanity possible.

Dave Pelz’s Putting Games

Dave Pelz’s Short Game Bible

Tommy Armour’s classic How to Play Your Best Golf All the Time provides timeless golf lesson instruction on the following subjects: How to learn your best Golf * What can your best Golf be? * Taking you to the lesson tee * How your clubs can help you * The importance of playing short games together * How to get number one in putting * Footwork, the foundation of best Golf * The art of hitting with the hands * The waggle, preliminary to your putting * The pause that means good putting * Assembling your game in good order * Saving strokes with simple approach shots * The fascinating, frustrating philosophy of putting * The simple routine of an orderly golf shot These classic bits of advice are accompanied by over four dozen two-color illustrations.

Own Your Game Deluxe

Wouldn’t you love to lower your average score by five shots this season, with minimal effort? Sharpening your putting skill is the quickest and easiest way to lower your scores and enhance your enjoyment of the great game of golf. The secret to lowering scores is to sink more puts of eight feet or less while consistently lagging long puts close to the hole to avoid three putting. The Bulletproof Putting System teaches you to do exactly that, in five easy lessons. Written for the recreational golfer who has limited practice time and no desire to become a slave to the greens, Bulletproof Putting in Five Easy Lessons will help you • Read greens more accurately and visualize the correct roll paths for your puts • Make a dependable putting stroke that hits the ball where you aim • Ingrain your bulletproof pre-shot and in-shot routines to increase confidence • Master the four types of puts: slam dunk, drivable, drainable, and lag • Utilize precious practice and warming-up time to your advantage. Bulletproof Putting in Five Easy Lessons is written in an approachable style by Michael McQuillan, former Northern California PGA Teacher of the Year and author of the popular full-swing instruction classic, “The Keys to the Effortless Golf Swing”. This beautifully illustrated new book will improve your putting and enrich your enjoyment of the game. It is certain to become a treasured favorite in your golf library.

Yoga for Golfers

Perfect your mental approach to your game. To be a golfer is to tinker—with everything from equipment to grip to swing. But one thing most players don’t give enough attention to is the mental game. Psychologists aren’t a new phenomenon in golf, but Dr. Michael Lardon is a different breed of performance coach. Instead of sending his players into a losing battle against emotion, indecision, and fear on the golf course, he shows them how to organize their thoughts and use them for maximum performance. His proven Pre-Shot Pyramid provides any player with the ideal blueprint for shot setup. And his revolutionary Mental Scorecard will give you the tools to accurately measure what you really do on the golf course and how to make real, permanent improvements. You will learn the same techniques that Dr. Lardon shares with Phil Mickelson and dozens of other top touring players, including the tools that helped Mickelson right himself after the 2012 U.S. Open to win the British Open a month later with a historic final round. Mastering Golf’s Mental Game will change the way you think about golf, and is a must-read for any player serious about shooting better scores and getting more enjoyment out of the game.

The Art of Putting

Andy North is a two-time United States Open champion, current player on the Senior PGA Tour, and a commentator for ESPN. In this book, Andy offers golfing fans a treasure chest of anecdotes and shares his insight and wisdom into the game of golf. Andy offers a unique perspective on the game and shares memories of his time with the likes of Arnold Palmer, Jack Nicklaus, Tom Watson, Gary Player, and many others. He shares the heartwarming story of his life growing up in Wisconsin and his rise to success on the PGA Tour. He offers advice on how to better understand and play golf. This book has both the drills and games you can play with your children to make golf fun and the games that you as an amateur golfer should play to improve your own game. Finally, Andy talks about the changes facing golf in the coming years and shares his experiences working with his friends at ESPN. The drama, the excitement, and the suspense of professional golf are all captured in this book. Golfers of all ages will enjoy Andy North’s unique perspective on the game.

Zen Putting

Columbia Business School professor Mark Broadie’s paradigm-shifting approach that uses statistics and golf analytics to transform the game. Mark Broadie is at the forefront of a revolutionary new approach to the game of golf. What does it take to drop ten strokes from your golf score? What part of Tiger Woods’ game makes him a winner? Traditional golf stats can’t answer those questions. Broadie, a professor at Columbia Business School, helped the PGA Tour develop its cutting-edge strokes gained stat. In this eye-opening new book, Broadie uses analytics from the financial world to uncover the secrets of the game of golf. He crunches mountains of data to show both professional and amateur golfers how to make better decisions on the course. This eagerly awaited resource is for any player who wants to understand the pros, improve golf skills, and make every shot count.

Own Your Game

“Andy North is the pro tour’s hottest coach” (Golf Digest) distills the lessons of a private strategy session into an indispensable “soft skills” companion. Credited with transforming the short games of world-class golfers like Rory McIlroy, Phil Mickelson, Annika Sorenstam, and Yani Tseng, Dave Stockton is one of the most sought-after coaches in golf. Yet Stockton’s natural abilities are more like the average player’s than those of most tour superstars. Not particularly long off the tee and average in terms of ballstriking, Stockton has won multiple major championships through a willingness to set his ego aside and analyze his game objectively—precisely what makes him so effective as an instructor. The hallmark of Stockton’s coaching is the idea that “trying doesn’t work.” He shows students how to get out of their own way and let their subconscious take over. In Own Your Game, Stockton recreates the experience of riding eighteen holes with him at one of his highly sought-after corporate outings. He explains how any player can learn to use his or her mind effectively—both in the microcosm of the shot at hand and in plotting a way through a round. Amateur golfers are tired of trying to imitate the swings of the pros—to mostly with limited success. The Art of Putting teaches players the tools and the freedom to play better with the swing they currently have. Portable, conversational, practical—and complete with a mini-guide to playing business golf with colleagues and clients—Own Your Game shows how players at all levels can master the all-important mental game.

Mastering Golf’s Mental Game

The next time you play golf leave your woods at home, putt with your 2-iron, and you will be on your way to shooting in the 70s. Sounds radical? Well, you’re right on par! Golf enthusiast Michael Laughlin, whose day job is in the film business, offers advice on how to better understand and play golf. This book has both the drills and games you can play with your children to make golf fun and the games that you as an amateur golfer should play to improve your own game. Finally, Andy talks about the changes facing golf in the coming years and shares his experiences working with his friends at ESPN. The drama, the excitement, and the suspense of professional golf are all captured in this book. Golfers of all ages will enjoy Andy North’s unique perspective on the game.

Little League Confidential
Two legendary coaches give golfers a powerful new approach to the game and to life. As coaches to some of golf’s top players, Pia Nilsson and Lynn Marriott have designed and refined a revolutionary way of teaching the game, with phenomenal results. They’ve achieved the same thing with the same swing—grip, and swing to everyone. They’ve done it by hours of purposeful drilling. They don’t even believe in beginning with physical technique. Their success has proven to them that there is a great vision. Unlike any other golf book, Every Shot Must Have a Purpose offers cutting-edge techniques for integrating the physical, technical, mental, emotional, and social parts of a player’s game. The book’s revolutionary pre-shot routine will improve your game: • The Golf Swing: The only swing that can train you to play the game. • The Mental Game: The ironclad guarantee of consistent performance. • The Picture-Perfect Golf Swing: The swing that will help you play your best. The book includes easy-to-follow diagrams and step-by-step exercises so readers can easily adapt the "Nilsson/Marriott" system to their own game.

The Eight Traits Of Champion Golfers

For more than ten years, Dr. Deborah Graham and Jon Stabler have devoted themselves to the scientific study of why, even among the pros, some players win frequently and others never do. In the first psychology self-help book tailored to golfers at every level, they lead their research to spell out the eight specific personality traits that make the difference: Abstract thinking; emotional stability; tough-mindedness; self-assurance; self-sufficiency; and optimum arousal. Dave Stockton, Lee Janzen, Mark McCreary, and Michelle McGann are among the many golfers who have benefited from Dr. Graham’s GolfPsych system. This new, detailed, practical, and encouraging guide will make it possible for anyone to play like a champ.

The Picture-Perfect Golf Swing

A follow-up to the Unconscious Putting book, The Picture-Perfect Golf Swing reveals the short-game lessons given by the author to such champions as Phil Mickelson, Yani Tseng and Annika Sorenstam to demonstrate how to make the most of shots around the green, revealing simple techniques for achieving lower scores while explaining the context of how and when shots should be used.

The Four Putts, Five Greens

For more than 30 minutes of bonus instructional video and dozens of bonus drills, this Deluxe edition will help you score better than ever. The Four Putts, Five Greens reveals secrets to the short-game that will help you improve your focus, leading to a golf swing that is not only successful but can be repeated under extreme pressure. Featuring the instructional videos of the best short-game professionals, the Four Putts, Five Greens reveals the simple processes that will transform the game of every player—whatever their handicap.

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The Eight-Step Swing, 3rd Edition

PGA stars such as Jay Haas, Craig Stadler, Peter Jacobsen, and Darren Clarke have all sought advice from fellow pro Stan Utley about their putting, and have gone on to such immediate success on the green that Utley has become the most in-demand teacher in the game. Now, in the Art of Putting he outlines his unique approach to putting for golfers of all skill levels. In a welcome change from mechanistic and overly-complex putting “systems,” Utley breaks down the putting stroke to a simple, natural, and preferences-driven method for learning this sure, repeatable stroke. As he guides you through the fundamentals of the proper grip, posture, alignment, and swing, Utley will overhaul and improve your stroke by putting feel back into your game. This book also provides: • A complete primer on club design, with tips for finding the fitter golf club • A guide to the sensory aspects of a good putt, from grip pressure to impact response • The way a putt should sound • Simple steps for reading greens accurately, every time • Drills to commit your putting stroke to muscle memory and overcome the tricks that can block your putting off line • Cures for the mental hurdles you’ll face on the short grass

Unconscious Putting

The true story of the dramatic 1991 Ryder Cup at Kiawah Island, which changed the competition in golf forever. The 1991 Ryder Cup began in 1995. Up to then, the biennial match between all-star teams of golf professionals from America and Europe was more exhibition than exhibition competition, with the Americans consistently beating the Europeans. That all changed in 1995, when the Europeans wrested it away at the Belfry in Sutton Coldfield, England. The Europeans would go on to win again in 1997 and lose to the Americans in 1999. The 1991 Ryder Cup also occurred between the United States' victories in both the Korean War and the Cold War that year, and the sense of patriotism that came along with the end of those conflicts permeated the national psyche. The competition was broadcast to over 200 million people in twenty-three countries across the globe. Fans forget golf's "gentlemanly code of conduct," and loud boos, jeers, and cheers of "USA!" could be heard from the gallery. The Ryder Cup began to resemble the Super Bowl, and it quickly became evident that this match was about more than just golf. In The War by the Shore, veteran golf writer and bestselling author Curt Sampson chronicles this pivotal competition. He interviewed dozens of key players from both Team USA and Team Europe, and provides historical context to explain why the tension was ratcheted so high at this particular Ryder Cup. Well-researched, engagingly, and deeply entertaining, The War by the Shore is the story of when golf lost its manners (and, to some extent, its mind).

Lights-Out Putting

With over 30 minutes of bonus instructional video and dozens of bonus drills, this Deluxe edition will help you score better than ever. The Four Putts, Five Greens reveals secrets to the short-game that will help you improve your focus, leading to a golf swing that is not only successful but can be repeated under extreme pressure. Featuring the instructional videos of the best short-game professionals, the Four Putts, Five Greens reveals the simple processes that will transform the game of every player—whatever their handicap.

How to Make Every Putt

Supported by state-of-the-art motion analysis research, “short game guru to the pros” James Sieckmann unveils his “finesse wedge” swing—a proven and pragmatic way to learn, practice, and perform with each wedge in the bag in every situation—back into your game. This definitive book also provides: • A complete primer on club design, with tips for finding the putter most in tune with the nuances of your swing • A guide to the sensory aspects of a good putt, from grip pressure to impact response • The way a putt should sound • Simple steps for reading greens accurately, every time • Drills to commit your putting stroke to muscle memory and overcome the tricks that can block your putting off line • Cures for the mental hurdles you’ll face on the short grass

Unconscious Scoring

Unconscious Scoring reveals the simple processes that will transform the game of every player—whatever their handicap.