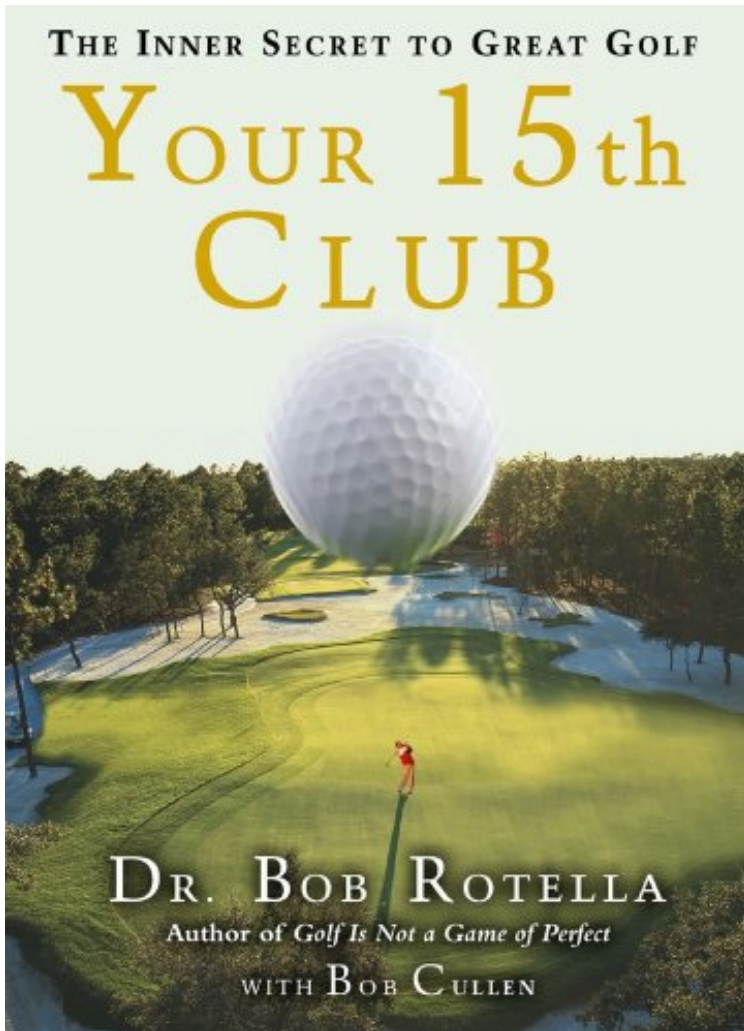


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# Your 15th Club: The Inner Secret to Great Golf (English Edition)



*Par Bob Rotella*  
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## Description :

Prsentation de l'diteurAll golfers have fourteen clubs in their bag, but the real winners have a little something extra -- that mental attitude that puts their game above the others. Dr. Bob Rotella, author of the bestselling book *Golf Is Not a Game of Perfect*, brings together his skills and years of experience as a golf psychologist to give readers the insight they need to improve their game -- before they ever step up to the tee. The 15th Club is the tool that golf stars like Tiger Woods use to block out negative thoughts, doubt, and fear. It is what allows champions to perform at their peak both in practice and during the game. Golfers who lack it find the game elusive and frustrating. Confident golfers play the game as they have always sensed they could play it. Now, one of the most renowned golf writers offers up the foolproof methods that will allow golfers at any skill level to give their game that extra boost. Dr. Rotella provides tips and techniques for how to

learn from better golfers, overcome fear in pressure situations, and keep a clear mind, no matter what. He tells golfers that inner arrogance is not a negative trait, but instead is something that can improve performance on and off the course. In order to perform at peak levels and achieve your goals, you must believe that you can win. Positive thinking is an incredibly powerful tool, and it can change the way a player approaches the game. Knowing how to focus on the challenge at hand and understanding your own talent are crucial parts of becoming a confident golfer. Dr. Rotella provides a detailed plan that anyone can use to build the self-image of a winner. He offers a one-year schedule in diary and calendar form that will incorporate the daily mental routines that he assigns to players on the PGA Tour. This is how the pros learn to ignore negative influences, focus on productive advice, and take pride in their abilities. Your 15th Club will tell golfers of all abilities how to develop the confidence they need to maximize their physical gifts and defeat the Tigers of their world, whether that world is the PGA Tour or the third flight of the club championship.

Revue de presse "As I progressed through the ranks of the European Tour toward a major championship, Bob Rotella was by my side every step of the way. With Your 15th Club, you can benefit from the same good advice he gave me. This is the one Rotella book I may not recommend to my fellow competitors. It might be too helpful. -- Pdraig Harrington, 2007 British Open champion" After my first few events as a professional in 1999, I realized I needed to find a way to quiet my mind and focus my thoughts. Since then, Dr. Rotella and I have focused on target, routine, and acceptance. Though I have not yet perfected it, I continue to work on it daily and have reached a career-high 12th in the official world golf ranking." -- Trevor Immelman, 2006 PGA Rookie of the Year "Golfers ask all the time how to play better golf. Your 15th Club is the answer to mastering the game. That doesn't mean that it is easy to do, but if you practice what Dr. Rotella suggests in this book there is no doubt you will become a better player. It is a must read for anyone trying to improve." -- Brad Faxon, eight-time PGA Tour champion "I've read all of Bob Rotella's books and there is nothing like them -- if you pay attention, he can completely change the way you play golf! The lessons in this book will give you the focus you need to play well in practice and the confidence to bring those skills to competition. You've never heard it like this before." -- Sean O'Hair, 2008 PODS champion

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