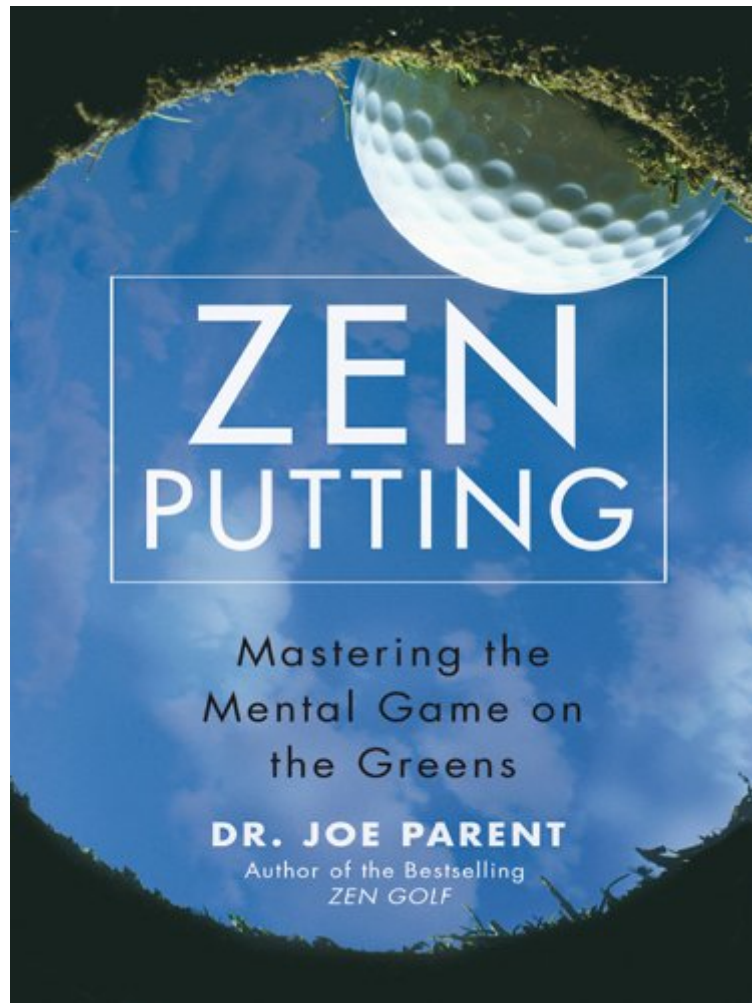




Ebook Directory
the best source of ebook

The book was found

Zen Putting: Mastering The Mental Game On The Greens



Synopsis

The bestselling author of *Zen Golf* (more than 100,000 copies sold) presents a new book of profound wisdom and proven techniques for achieving the confidence in putting that all golfers know is the key to peak performance on the greens. Blending Buddhist wisdom, modern psychology, and practical golf instruction, Dr. Joe Parent's 2002 book *Zen Golf* broke out to become the top instructional book in golf, and continues to be a steady bestseller. Now, in the eagerly awaited follow-up, Dr. Parent provides readers with a new approach to the aspect of golf in which mental skills have the most impact: putting. *Zen Putting* takes a thinking-outside-the-box approach based on the idea that by tuning into the process of putting rather than worrying about the result, golfers can get out of their own way and maximize performance. Key principles include using mindful awareness to recognize and clear away distractions and negativity, and that confidence increases when golfers take the attitude that there is something fundamentally, essentially right with them rather than focusing on what's broken or flawed. In succinct, informative chapters, Dr. Parent applies this Zen ideal to a variety of subjects for any putting situation. Chapters include: 'Unconquerable Confidence'; brimming with strategies to cultivate confidence and turn frustration into enjoyment. 'Get Out of Your Own Way': exploring the obstacles we create for ourselves in putting, and how to recognize and overcome them to get the most out of our abilities. 'How to Make Every Putt': on reading greens; visualization; putting routine; the key components of a putt's path, pace, and roll; and taking the ideal attitude before putting. Unlike rigid how-to books on putting or fad coaching techniques, *Zen Putting* stirs each reader to cultivate their own unique style for synchronizing body and mind to achieve peak performance.

Book Information

File Size: 786 KB

Print Length: 252 pages

Publisher: Avery (April 5, 2007)

Publication Date: April 5, 2007

Sold by: Â Penguin Group (USA) LLC

Language: English

ASIN: B000QBYEN2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #407,752 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

in Kindle Store > Books > Sports & Outdoors > Coaching > Golf #160 in Kindle Store > Kindle eBooks >

Nonfiction > Sports > Miscellaneous > Sports Psychology #261 in Kindle Store > Kindle

eBooks > Nonfiction > Sports > Golf

Customer Reviews

This may be the all-time best golf book ever written. I've read it carefully twice now, and will probably read it again this year. Chapters are short and I read one each morning with my coffee. Really smart, useful stuff. It even helps me in my life outside of golf, which one has to live sometimes, right?

Great book - synthesizes all the best tips about putting and presents a method to use all you know and then forget all the details as you focus on the process of line, speed, and stroke. It has already helped me out of my inconsistent putting ways.

For the past 25 years "Putting like the Pros" by Dave Pelts has been my bible and has served me well to the point that some of my golf buddies have asked me to help them with their putting woes, but this is something altogether different, this is Peltz plus plus. More technical than Zen Golf because it is obviously more specific, but for anyone who is feeling that they are losing their edge at the pointy end of the game, you don't need a belly putter or a broomstick putter and you certainly don't need to leave the game; JUST GET A COPY OF THIS BOOK.

Dr. Joe has a lot of great stuff, I definitely prefer this to Bob Rotella's putting cd. However, Michael Breed's putting book, "3 Degrees of Putting" has a nice section on Pre-putt routine and I think you'd get just as much or more out of that. Honestly though, when it comes to the putting mental game nothing is going to make you make a lot more putts... Smart practice will and you can find some free practice tips on eyeline's website that will help with that. Not saying they've got the best practice ideas, but I think it's good enough. Consistent, focus'd practice over a long period of time is your best bet to make more putts..All-n-all, I'm a fan of Dr. Joe Parent's zen golf series & it definitely

Never hurt anyone. I'd recommend it for someone struggling with the mental game.

Refreshing book full of wisdom

My two favorite books on putting both deal with the mental aspect -- "Putting Out of Your Mind" by Bob Rotella and this book by Parent. The great thing about each of these books for me is the fact that they give you practical and applicable ways in which to direct your focus to the most productive mindset for the given task. Putting is a different animal than tee shots, approach shots and all the other full swing facets of golf. It does require a unique basic approach to get mind and body in harmony and these two books help get you there.

Parent is a wonderful teacher whose teachings are in my mind all the time, on the course and off.

Well done, easy to follow, intuitive. Sets down drills and expected results in a comprehensive and entertaining fashion. I will soon be reviewing other books of this kind.

[Download to continue reading...](#)

Zen Putting: Mastering the Mental Game on the Greens ZEN: Everything You Need to Know About Forming Zen Habits ã ã A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginnerã ãs Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Zen: Zen For Beginners ã ã The Ultimate Guide To Incorporating Zen Into Your Life ã ã A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen and Zen Classics 1: From the Upanishads to Huineng (Zen & Zen Classics) Your Putting Solution: A Tour-Proven Approach to Mastering the Greens Leafy Greens: An A-to-Z Guide to 30 Types of Greens Plus More than 120 Delicious Recipes Fields of Greens: New Vegetarian Recipes From The Celebrated Greens Restaurant Zen Golf: Mastering the Mental Game Game of Thrones: 100 Question Trivia Game For True Fans (Epic Fantasy Series, Game of Thrones Books, Game of Thrones, Fantasy Books) (Epic Fantasy, Fantasy ... TV, TV Guide, Game of Thrones Book) The Mental Game of Volleyball (Masters of The Mental Game Book 19) Mental Game Changers Rodeo: How to Change Your Mental Game in 10

Short Stories Dave Pelz's Putting Bible: The Complete Guide to Mastering the Green (Dave Pelz Scoring Game Series) Osho Zen Tarot: The Transcendental Game Of Zen Lights-Out Putting : A Mind, Body, and Soul Approach to Golf's Game Within the Game ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)