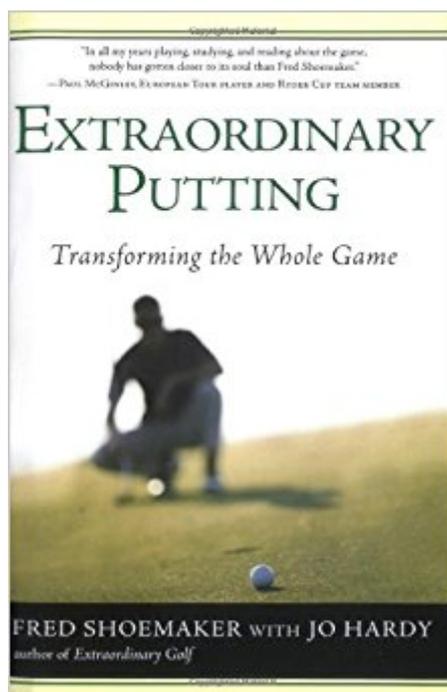


The book was found

Extraordinary Putting: Transforming The Whole Game



Synopsis

From the bestselling author and world-renowned coach, a unique approach to the often neglected art of putting that reveals three important keys to unlock the secrets to improved performance and overall satisfaction. *Extraordinary Putting* offers an innovative approach to improving the overall golf game by focusing on putting, which accounts for more than one-third of the strokes in a typical round. Although not a tips-and-techniques book, *Extraordinary Putting* features a series of illustrated exercises that will help players develop: - inner freedom to trust themselves and to recognize self-imposed barriers - peace of mind that comes from eliminating mental chatter and self-judgments - increased awareness that allows them to pay attention to their experiences, to understand the differences in those experiences from stroke to stroke, and to master the art of self-coaching. More than a dissertation on the "mental" game, *Extraordinary Putting* aims to help players let go of expectations, find true enjoyment in the game, and, above all, develop the ability to self-coach that is critical to ongoing success.

Book Information

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Customer Reviews

The bad part about putting is that the instant you hit the ball you know you've screwed up, you don't even get the few seconds of watching the ball fly through the air before knowing that it's just not going to go into the cup. As the sub-title of this book says, good putting can transform the whole game. Fred Shoemaker has been teaching golf for more than thirty years. His technique stresses experience. But beyond experience he teaches how to get the most value out of experience. His technique is to offer you a series of exercises that will enhance and extend what you get out of

experience. This way you learn more in a semi-self-taught manner. And perhaps this is really the only way to really learn something. This is not a book of hints and tips. The author says that these really don't work. In fact it is difficult to understand just how to apply most tips. Instead he says 'try this, see what happens.' Most of what he says is related to the mental attitude with which you approach golf. He is trying to give you the understanding, the attitude to understand what you are doing when you approach the ball. Over the years an awful lot of people have found his help invaluable. It certainly can't hurt for you to try it.

I've only been playing for eight months, so this is a beginner's perspective... I read this book five months ago, and did a few of the exercises one day while reading it. Looking back, I believe that it helped me to discover that I can relax and trust my bodymind to handle the stroke mechanics. I putt pretty well for my experience level, and it amazes me how little I contribute consciously, once I've looked at the line. The exercises are exploratory -- rather than instructing the reader on how to putt, they set up an experience where one discovers how to putt. If you lack confidence in your putting, I'd suggest giving these ideas a try.

Well, there was some decent thoughts presented but they could have been covered in a short article. This is one of those touchy, feely books that suggests a "new way of looking" then goes on and on about why it is such a good idea. It reads like a book where three guys get together, smoke a load of weed, record the session and ALA EL BOOKO! Here's a real beauty from the book: You place your ball on the green, in sunlight and stare at it for a minute or so and then remove the ball. See the dark spot where the ball used to be? The dark spot is caused from your eyes getting zapped by the contrast like when you stare at your TV screen and close your eyes you can still see the shape of the screen. Now, instead of concentrating on the putt, hit the ball and then concentrate on the dark spot left behind. It's supposed to help you get your mind off of the mechanics of putting. What garbage, nonsense and bull-poop! I did find one good use for it though. I had a serious case of buyers remorse but I came up with this Extraordinary cure. I decided to stare at it in the trashcan.

If you're done stress-reduction exercises or meditation, a lot will be familiar in this book. I'd be surprised if the authors stumbled upon much of the techniques in this book independently, as they do not really give any credit or reference other meditative or self-reflection practices. It makes no matter, as the techniques do work. For centuries yogis and therapists and monks have been teaching people how to quiet the "inner voice" ... and stress, distractions, and self-talk are entirely

relevant to golfing practice. There is even a whole segment of golf practice and theory devoted to "swing thoughts" -- which to have, how many to have, good/bad ones to have, and so on. These are all practices cut from the same cloth. There are a dozen or more exercises and practices listed in this book -- so almost everyone is going to find a lesson or practice here that they can incorporate. I wholeheartedly agree with the premise that golf instruction is misguided -- it is shallow, too-focused on equipment and one-off, ineffective "tips", and most people aren't actually enjoying golf more or playing better (not the same thing). It is a worthy book and would make a great gift for people who are serious about their game. (Or for your playing partners who spend too much time cursing/throwing clubs).

Awareness. It is something I never really experienced before playing golf. Being in the now and enjoying the sensations of the game will definitely be my goals for the upcoming season. Reading this book is like having a hypnotic session. You can start to see inside and outside of yourself and become amazed at how you work. I only wish that I was taught these things 20 years ago when I first started playing.

I'm finding this book is really useful. It takes a different approach on putting, basically assuming your body will 'do the right thing' if you get out of your own way. I was skeptical. I have to say it seems to be working. I still have a ways to go. I don't expect to sink every putt from here on out.

I can't really say enough about how much I like this book and its companion book Extraordinary golf. Both books emphasize a guided self-learning approach to playing golf. I started to play golf a couple of years ago after I retired and took it up like most everything else I have ever done with an obsession to do it perfectly. I took lessons, hit thousands of balls, purchased videos, books, training aids and anything else I thought might help me. Both books (Extraordinary Golf and Extraordinary Putting) taught me the importance of becoming aware of what is happening to my body during the golf swing or the putting stroke. Fortunately, at the time I was reading Fred Shoemaker's books I also had purchased a video by Tracy Reed (Ultimate Golf) that emphasized awareness of weight shifts in the bottom of the feet as a way to judge correct swing weight shift and balance.

Immediately, these approaches led me to discover many aspects of my swing (unfortunately, mostly bad) that I had no idea about previously. In a very short time, I was able to start correcting these and within 2 or 3 weeks improved my swing more than I had in 2 years of very intense practice. I applaud Fred Shoemaker for these wonderful books. They may not be for everyone since they are

not method oriented. But for those who want to learn how to self-teach, they are a must.

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