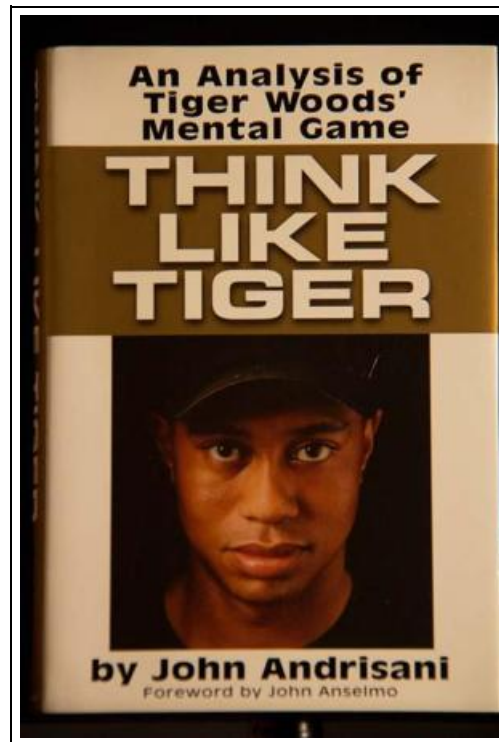


Think Like Tiger: An Analysis of Tiger Woods's Mental Game



Filesize: 3.97 MB

Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.
(Adolfo Lindgren)

THINK LIKE TIGER: AN ANALYSIS OF TIGER WOODS'S MENTAL GAME



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Putnam Adult, 2002. Hardcover. Book Condition: New. Dust Jacket Condition: New. 1st Edition. As a young boy, Tiger Woods dominated the junior ranks, winning a record three U.S. Junior Championships in a row. As an amateur, he triumphed again, winning three consecutive U.S. Amateur Championships. And as a pro, he continues to dominate the world of golf, recently becoming the only man in the history of the game to hold four major championship trophies at one time: the Masters, U.S. Open, British Open, and PGA. With insightful and intelligent analysis, golf writer John Andrisani reveals for the first time the secrets that Tiger Woods has learned from family, fellow competitors, and teachers about the all-important mental game of golf. Andrisani shows how Earl Woods's lessons on course-management skills and the art of mental toughness have given his son an important edge over more experienced competitors time and time again; how Tida Woods taught her son the Buddhist values of patience, tenacity, and self-reliance. As well, Andrisani offers insights into the roles of former teachers Rudy Duran and John Anselmo in helping Tiger make the vital connection between mental awareness and good scoring, and how his present teacher, Butch Harmon, is passing on what he learned about the mental side of golf from legends such as Ben Hogan. Additionally, Andrisani shows how Dr. Jay Brunza, a clinical psychologist, has shown Tiger how to enter an intense "cocoon of concentration" while playing competitive golf. Think Like Tiger gives golf fans a deeper appreciation of Woods's remarkable mastery of the inner game and shows how these same techniques can be applied to anyone's game for lasting improvement.



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