
Ben Hogan 5 Lessons

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Ben Hogan's Five Lessons

The Modern Fundamentals of Golf *Simon and Schuster*

The professional golfer provides tips on the grip, stance, and swing of successful golf shots

Ben Hogan's Five Lessons

The Modern Fundamentals of Golf *Simon and Schuster*

A timeless classic with nearly one million copies in print, Ben Hogan's Five Lessons outlines the building blocks of winning golf from one of the all-time masters of the sport—fully illustrated with drawings and diagrams to improve your game instantly. Ben Hogan, one of the greatest golfers in the history of the sport, believed that any golfer with average coordination can learn to break eighty—if one applies oneself patiently and intelligently. With the techniques revealed in this classic book, you can learn how to make your game work from tee to green, step-by-step and stroke by stroke. In each chapter, a different experience-tested fundamental is explained and demonstrated with clear illustrations—as though Hogan were giving you a personal lesson with the same skill and precision that made him a legend. Whether you're a novice player or an experienced pro, Ben Hogan's Five Lessons is a must-have reference for anyone who knows that fundamentals are where champions begin.

Power Golf *Simon and Schuster*

Master golfer Ben Hogan (1912-1997) is widely acknowledged as one of the greatest players in the history of the sport, most

notably for his legendary ball-striking ability. There are numerous theories as to what made Hogan's swing so effective and in *Power Golf*, now available in a trade paperback format, he shares a lifetime of championship secrets for improving every phase of the game. Regardless of their level of golfing expertise, readers are guaranteed to see a difference the next time they pick up their club!

Golf My Way *Simon and Schuster*

Hailed 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

Ben Hogan's Secret Fundamental

What He Never Told the World *Triumph Books*

Ben Hogan is legendary, intriguing, and mysterious. It's a combination that has contributed to Hogan being the most interesting golfer of all time. Aside from his amazing competitive

record, his secretive and solitary personality provoke wonder and devotion among thousands of golfers worldwide who attempt to unlock Hogan's secret code of how to swing a golf club and strike a golf ball. Hogan himself has fueled this intrigue, mainly because he openly declared that he had a "secret," one that he never publicly revealed. Many top professionals have speculated on what they thought Hogan's secret might be, but until now those speculations were not supported by any revelations from Hogan himself. Now, author Larry Miller, who was mentored by Tommy Bolt, who in turn was one of Hogan's protégés, shares Hogan's secret as he learned it. This secret fundamental, which Miller breaks down into two aspects and explains with the aid of full-color photography and illustrations, will help the average golfer implement Hogan's teachings to benefit his or her game.

Harvey Penick'S Little Red Book

Lessons And Teachings From A Lifetime In Golf *Simon and Schuster*

A collection of wit and wisdom on golf offers practical advice to everyone from golf pros—including Tom Kite, Ben Crenshaw, and Sandra Palmer—to high-handicap amateurs. 20,000 first printing.

Ben Hogan's Magical Device

The Real Secret to Hogan's Swing Finally Revealed *Simon and Schuster*

In 1954, Ben Hogan stated in the serialized lessons he wrote for Life magazine that he had "a secret." He challenged the world to

find it by stating "It is easy to see if I tell you where to look." He then wrote his legendary instructional book, Five Lessons, and created a remarkable golf swing puzzle, but somehow one important piece of information was missing. Golf expert after golf expert have attempted to define this secret over the years, serving to compile a rather lengthy list of what they think the secret is but never quite explaining how it's done. Enter Ben Hogan's Magical Device, a revealing book which intends to finally explain, in universally understandable terms, that long-lost secret to Hogan's swing. As a lifelong golfer with 50+ years of experience, two degrees in Physical Education and a Doctorate in History, author Ted Hunt became determined to track down Hogan's secret himself. He reviewed most of the literature concerning Hogan and interviewed many professionals (including Jack Nicklaus) and the result of his research produced a clearer understanding of the source of the confusion concerning Hogan's secret. An hypothesis was conceived and tested, and Hunt was pleased to discover that his analysis stood up to critical examination. But perhaps more importantly, his golf responded with more accuracy and lower scores, which included shooting his age (79) several times within weeks of embracing the secret. Complete with 100 photos/illustrations and a foreword by movie star Sean Connery, Ben Hogan's Magical Device gives an easy-to-follow explanation of Hogan's secret, where it comes from, and the foundations which support its successful execution. Interspersed throughout the text are stories from professional acquaintances who spoke with Hunt about their times with Mr. Hogan.

Afternoons with Mr. Hogan *Penguin*

Ben Hogan's former ball shagger recounts firsthand stories of the golf legend—and reveals, for the first time, Hogan's Swing Secret, a source of mystery to golfers for more than fifty years. Ben Hogan's pro golf record is legendary. A four-time PGA Player of the Year, he celebrated sixty-three tournament wins and became known as a man of few words and fewer close friends. Most of what we know about Hogan has been based on myth and speculation. Until now. In the 1960s, though Hogan's competitive career was over, he kept the practice habits that made him famous and remade modern competitive golf. He hired seventeen-year-old Jody Vasquez to help. Each day, after driving to a remote part of the course at Shady Oaks Country Club, Hogan would spend hours hitting balls and Vasquez would retrieve them. There, and over the course of their twenty-year friendship, Hogan taught Jody the mechanics of his famous swing and shared his thoughts on playing, practicing, and course management—unknowingly revealing much about his character, values, and beliefs, and the events that shaped them. In *Afternoons with Mr. Hogan*, Jody Vasquez shares dozens of stories about Hogan, from the way he practiced, selected his clubs, and interacted with other star players to his little-known humor and generosity. Combining the gentle insight of Tom Kite's *A Fairway to Heaven* (which recalls Kite's golf education under Harvey Penick) with the sage perspective of Penick's own *Little Red Book*, Vasquez's tribute is funny, poignant, and full of advice for golfers of all levels.

Ben Hogan's Short Game Simplified

The Secret to Hogan's Game from 100 Yards and In Skyhorse

In *Ben Hogan's Short Game Simplified*, the follow-up to the successful *Ben Hogan's Magical Device* (2009), author Ted Hunt takes things a step further, focusing his attention on the elements of Hogan's picture-perfect swing specific to shots attempted within one hundred yards of the flagstick. Beginning with an overview of Hogan's magical device for the uninitiated, Hunt then segues into a detailed, step-by-step breakdown of Hogan's swing from the takeaway to the follow-through, with each step garnering its own dedicated chapter complete with illustrations, photos, and drills. Subsequent chapters deal specifically with chip shots; flop shots; bunker shots; putts; spinning, drawing, and fading the ball; Hogan's fundamentals; additional drills/exercises; and a special chapter on Hogan stories. Complete with more than one hundred photos and illustrations and informed by the author's fifty-plus years of experience on the golf course, *Ben Hogan's Short Game Simplified* provides the necessary information golfers need to master Hogan's short game fundamentals and execute them on the course with consistency. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more.

While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Ben Hogan's Tips for Weekend Golfers

Simple Advice to Improve Your Game *Simon and Schuster*

Ben Hogan made hitting a golf ball look easy, and the results spoke for themselves. But Hogan's "swing system" is as complex as a spider's web; the variables and connections are never-ending. In Ben Hogan's *Tips for Weekend Golfers*, Hunt presents a selection of simple but valuable tips, based on the legendary golfer's secret to a competitive golf swing. The book is intended for the recreational golfer, not the tournament player who has unlimited time to practice. It distills Hogan's observations concerning the vital components of a golf swing—one at a time—and presents them as simply as possible. Each tip is illustrated with a series of photographs, which clearly show the proper grip, stance, backswing, and follow-through. The author addresses these important golfing concepts: • What powers the takeaway? • When and how do the wrists hinge? • What is your first move down from the top of the backswing? • What is the action of the back knee? • When does the lead knee straighten? • How do you connect the arms to the torso? • How do you maximize power through proper timing in the contact zone? • What are the two benefits of "hovering" the putter and the driver? • How can fifteen minutes a day at your home

significantly improve 55 percent of your game? In Ben Hogan's *Tips for Weekend Golfers*, Ted Hunt makes the intricate Hogan system accessible and presents it in a way that "the Hawk" himself might have if he were instructing a club member out on the course.

The Anatomy of Greatness

Lessons from the Best Golf Swings in History *Simon and Schuster*

In the first book from popular Golf Channel analyst Brandel Chamblee, the network's "resident scholar and critic" (*The New York Times*) explores the common swing positions of the greatest players throughout history—and reveals how those commonalities can help players of every skill level improve our own games. Every golf game begins with the swing, and no two are identical. Years ago, however, Brandel Chamblee, the highly regarded Golf Channel analyst and former PGA Tour professional, noticed that the best players of all time have shared similar positions in each part of the swing, from the grip and setup to the footwork, backswing, and follow-through. Since then, Chamblee, a student of game's history, has used scientific precision and thoroughness to make a study of the common swing positions of the greats. Now, in *The Anatomy of Greatness*, he reveals what he has learned, offers hundreds of photographs as his proof, to show us how we can easily incorporate his findings into our own swings to hit the ball farther, straighter, and more consistently. What does it tell us that the majority of the greats—from Jack Nicklaus and Byron Nelson to modern masters like Tiger

Woods—employ a “strong” grip on the club? How did legends like Ben Hogan, Sam Snead, Mickey Wright, and Gary Player unlock hidden power and control by “turning in” the right knee at address? Why are some modern teachers preaching “quiet” footwork when forty-eight of the top fifty golfers of all time lifted their left heels on the backswing, allowing them to build power? At the same time that Chamblee is extolling certain swing virtues, he also debunks a number of popular—but misguided—swing philosophies that have been hindering golfers for years. The result is perhaps the best and clearest explanation of how to hit a golf ball ever published. *The Anatomy of Greatness* is a book that golfers can take to the driving range and use Chamblee’s clear explanations to build better swings—and get more speed and consistency into their swings—immediately. It is like having a series of private lessons from the best golfers of all time, and it will help golfers build swings that make the game easier and more fun.

How I Play Golf *Grand Central Publishing*

For the first time, champion Tiger Woods reveals the five secrets to his amazing success—a combination of physical, metaphysical and psychological practices he uses daily to keep his game in top shape.

American Triumvirate

Sam Snead, Byron Nelson, Ben Hogan, and the Modern Age of Golf *Vintage*

A celebration of three legendary golf champions describes how

the professional sport deteriorated into virtual non-existence before the trio revitalized its popularity, dominating American attention and setting records from the 1930s to the 1950s while transforming how the game was played and regarded. By the author of *Final Rounds*.

Natural Golf Swing *McClelland & Stewart*

If your golf game has been plagued by inconsistency and less-than-peak performance, you may be going against your “natural swing”. But you can improve your golf game dramatically and you can beat bad habits by drawing on talents you already possess. *The Natural Golf Swing* will: - introduce you to your natural balance and rhythm - let you play consistently to your potential - allow you to enjoy a repeating swing - help you increase power and control with every swing According to champion golfer George Knudson, your swing is governed by laws of nature, and is subject to logical, physical fundamentals that are all too often ignored. By learning the simple principles outlined in this book, you will generate more powerful, accurate swings, reduce your score, and gain control over your game. Take advantage of Knudson's more than 30 years experience on the pro circuit as he guides you step-by-step through the mechanics of the natural swing, from the important first step of maintaining proper balance through the backswing, down-swing, and finishing form. Extensive illustrations and drills help to clarify each step. Knudsen also shares his experience as a golfer on the tour, offering valuable insights into the roles that temperament and concentration play in winning.

The Stack and Tilt Swing

The Definitive Guide to the Swing That Is Remaking Golf *Penguin*

An in-depth, full-color, step-by-step guide to the new golf swing that has taken the PGA Tour by storm. The traditional golf swing requires a level of coordination that few golfers have. So it's no surprise that, despite huge advances in club and ball technology, the average golf handicap in America has dropped by only one stroke since 1990. Maverick golf instructors Michael Bennett and Andy Plummer spent a decade researching the swing, eventually combining physiology and physics to create a method they dubbed the "Stack and Tilt." The result? Big-name pros like Mike Weir, Tommy Armour III, and Aaron Baddeley are already converts, and Bennett and Plummer are now two of the most sought-after swing coaches in the game. Making these breakthroughs available to everyone, *The Stack and Tilt Swing* is a handsome, fully illustrated, complete course, packed with more than two hundred full-color photographs that make it easy for golfers at all levels to adopt this radical yet simple approach. Analyzing why the traditional swing won't work for most golfers, the authors explain the importance of keeping the upper body stacked over the lower body, while the spine tilts toward the target during the backswing, greatly reducing the inconsistencies created by the old-fashioned approach. Enhanced with practice routines, a troubleshooting list, test cases, and point-by-point assistance, this is the breakthrough guide to golf's hot new secret weapon.

How to Play Your Best Golf All the Time *Simon and Schuster*

Tommy Armour's classic *How to Play Your Best Golf All the Time* provides timeless golf 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 grip holds your swing together * How to get ready to swing * Footwork, the foundation of best golf * The art of hitting with the hands * The waggle, preliminary swing in miniature * The pause that means good timing * 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.

The Match

The Day the Game of Golf Changed Forever *Hachette Books*

In 1956, a casual bet between two millionaires eventually pitted two of the greatest golfers of the era -- Byron Nelson and Ben Hogan -- against top amateurs Harvie Ward and Ken Venturi. The year: 1956. Decades have passed since Eddie Lowery came to fame as the ten-year-old caddie to U.S. Open Champion Francis Ouimet. Now a wealthy car dealer and avid supporter of amateur golf, Lowery has just made a bet with fellow millionaire George Coleman. Lowery claims that two of his employees, amateur golfers Harvie Ward and Ken Venturi, cannot be beaten in a best-ball match, and challenges Coleman to bring any two golfers of his choice to the course at 10 a.m. the next day to settle the issue. Coleman accepts the challenge and shows up with his own

power team: Ben Hogan and Byron Nelson, the game's greatest living professionals, with fourteen major championships between them. In Mark Frost's peerless hands, complete with the recollections of all the participants, the story of this immortal foursome and the game they played that day-legendarily known in golf circles as the greatest private match ever played-comes to life with powerful, emotional impact and edge-of-your-seat suspense.

The Final Missing Piece of Ben Hogan's Secret Puzzle

Hogan Thomas Nelson

This updated edition of a NEW YORK TIMES best seller includes a final chapter, which chronicles the last years of his life and examines his enduring legacy. Included are quotes and tributes from many of golf's greats such as Byron Nelson and a perceptive assessment of the life and legend of the man who may have been the greatest golfer ever-Ben Hogan.

The Keys to the Effortless Golf Swing

Curing Your Hit Impulse in Seven Simple Lessons Mike McTeigue's Swing Management

Gives practical advice on how to improve one's golf swing, stresses the importance of relaxation, balance, momentum, steadiness, and rhythm, and suggests practice exercises

Crouching Tiger Hidden Hogan

The Sixth Lesson: The Secret of Ben Hogan's Perfect and Automatic Swing Createspace Independent Publishing Platform

CROUCHING TIGER IS IN YOU. HIDDEN HOGAN IS ALSO IN YOU. BOTH THE POTENTIAL AND THE ABILITY TO UNLEASH IT IS WITHIN YOU. GO FORTH AND PLAY THE GAME THE WAY IT WAS MEANT TO BE PLAYED: AT GOD'S FEET. Ben Hogan is the most enduring icon in golf and his swing is the most studied athletic action in the history of sport. In 1946, after twenty-three years of relentless practice and continual experimentation, Hogan discovered a Secret that transformed him into the greatest ball striker of all time. Hogan's confidence in the Secret led him to state in his ground-breaking book *Five Lessons: The Modern Fundamentals of Golf* that any reasonably coordinated golfer could break eighty. When asked if the Secret was there in the book, he said that it was there and that it was easy to locate if told where to look. But Mr. Hogan never did tell. His blunt answer to the direct solicitation: The Secret is in the Dirt. Mr. Hogan was adamant about practice, hard work and self-discovery as a rite of passage. In 1997, the Master passed away and the Secret was lost forever. This book decrypts Hogan's complex web of clues and decoys to resurrect the Secret in its brilliant entirety. This book reveals a startling fact about human bio-mechanics that has never been published before in any medical or golf journal. This book is your key to the Holy Grail of Golf: Ben Hogan's Perfect and Automatic swing. More information available at www.crouchingtigerhiddenhogan.com

The Secret of Hogan's Swing Wiley

Praise for The Secret of Hogan's Swing "The Secret of Hogan's

Swing goes beyond pure instruction, offering insightful shot-making and strategy tips passed on to former tour pro John Schlee from Ben Hogan and interpreted wonderfully by Tom Bertrand and Printer Bowler." --John Andrisani, author of *Tiger's New Swing* and *Heaven Can Wait* "Like finding the Rosetta stone of golf. . . . Tom Bertrand and Printer Bowler's *The Secret of Hogan's Swing* gives us a pipeline to the Master's wisdom that we thought had been lost forever. *Secret* is an instruction book like no other. It's the Hogan book Hogan himself never wrote, packed with the insights the great champion passed on to John Schlee (in a fascinating mentor-disciple relationship) and that Schlee, in turn, bequeathed to Tom Bertrand. We'll probably never have anything like this again. Hogan's gone, Schlee's gone, but thank goodness we've got Tom Bertrand to preserve the nuggets of pure golfing gold that the Master dug up 'out of the dirt' of ten thousand practice tees and a thousand tournaments. *The Secret of Hogan's Swing* demonstrates that the vein of wisdom left by the peerless champion still yields up precious ore, not just in the technical aspects of the golf swing (Hogan's concepts are not only absolutely modern but even quite radical) but in his insights into the psychological and mental aspects of the game. His concept of the 'moving wall' is worth the price of the book alone. A must-read for every serious student of the game." --Steven Pressfield, author of *The Legend of Bagger Vance*

Golf is Not a Game of Perfect *Simon and Schuster*

Dr Bob Rotella is one of the hottest golfing performance consultants in the world today. Unlike other performance consultants, Rotella goes beyond the usual mental aspects of the

game and the reliance on specific techniques. In this extraordinary book, and with his clients, he creates an attitude and a mindset about all aspects of the golfer's game, from mental preparation to competition. And, as some of the world's greatest golfers will attest, the results are spectacular. Filled with charming and insightful stories about golf and the golfers Rotella works with, *GOLF IS NOT A GAME OF PERFECT* will improve the game of even the most casual weekend player.

Crouching Tiger Hidden Hogan

The Sixth Lesson

The Fundamentals of Hogan *HarperCollins UK*

Ben Hogan's *The Modern Fundamentals of Golf* is the best-selling sports book ever, with over six million copies sold worldwide. This sequel to the original book offers previously unpublished photographs and the expert commentary of David Leadbetter.

The Complete Golf Manual *Penguin*

Covering every aspect of the game, this is the ultimate self-improvement guide for every player--from the novice to the experienced club golfer. Showing readers exactly what it takes to achieve an effective--and repeatable--golf swing, this book works systematically through every type of shot, from tee shots, iron play, pitching, and chipping to coping with bunkers and putting. Each section includes a test to establish your level of ability and provides a series of progressive exercises designed to develop your technique. A section on the ten most common faults that

can creep into your game shows you how to fix them quickly and efficiently. The Complete Golf Manual (New Edition) also shows you routines to help you think more decisively on the course and deal with high-pressure situations. An invaluable reference section advises you on buying equipment, guides you through all-important golf etiquette, clearly explains golf's most important rules, and defines all the key terms golfers use.

Dave Pelz's Short Game Bible

Master the Finesse Swing and Lower Your Score *Doubleday*
Describes how to identify weaknesses in golfing technique, offers strategies for strengthening them, and presents a plan to lower scores by improving the short game

The Plane Truth for Golfers

Breaking Down the One-plane Swing and the Two-Plane Swing and Finding the One That's Right for You *McGraw Hill Professional*

"Jim Hardy is the most knowledgeable teacher in golf. This extraordinary book will be the most revolutionary instructional book since Ben Hogan's Five Lessons." --Peter Jacobsen, Seven-time PGA Tour event winner Voted one of "America's 50 Greatest Teachers" by Golf Digest and ranked in the "Top 100 Teachers" list of Golf magazine, Jim Hardy is a veritable scholar of swing. He's been fixing the swings of professional and amateur golfers since 1977, and in *The Plane Truth for Golfers*, he makes his groundbreaking concepts available to you for the first time.

Hardy's revolutionary approach is simple: There are two sets of fundamentals to the swing, not one. There is the one-plane swing, for more athletic players, and the two-plane swing, suitable for players of all abilities. Understanding these concepts is crucial to your improvement, and Hardy breaks them down into easy-to-follow steps, complete with dozens of photographs.

Draw in the Dunes

The 1969 Ryder Cup and the Finish That Shocked the World *Macmillan*

In 1969, the 42-year history of biennial golf matches between the United States and Great Britain reached its climax. The U.S., led by Jack Nicklaus, had dominated competitive golf for years; Great Britain, led by Tony Jacklin, was the undisputed underdog. But in spite of having lost 14 of 17 Ryder Cups in the past, the British entered the 1969 Ryder Cup as determined as the Americans were dominant. What followed was the most compelling, controversial, and contentious Ryder Cup the sport had ever seen. *Draw in the Dunes* is a story of personal and professional conflict, from the nervousness displayed at the very beginning of the Ryder Cup matches—when one man could not tee his golf ball—to the nerve displayed by Nicklaus and Jacklin, who battled each other all the way to the final moment of the final match. Throughout the Cup, 17 of the 32 matches were not decided until the final hole. Most electrifying was Nicklaus and Jacklin's contest, which decided the fate of the Ryder Cup. At the last putt, Nicklaus conceded to Jacklin, keeping the cup for the Americans while letting the British walk away with their most successful

Ryder Cup result in years. From this event, which came to be known as "The Concession," Nicklaus and Jacklin forged a lifelong friendship and ushered in a new era of golf. From the author of the critically acclaimed golf history *The Longest Shot*, *Draw in the Dunes* is the gripping account of a legendary Cup competition, and the story of golf's greatest act of sportsmanship.

And If You Play Golf, You're My Friend

Further Reflections of a Grown Caddie *Simon and Schuster*

ANOTHER ROUND OF INSPIRATION AND INSTRUCTION When Harvey Penick signed copies of his now classic first book, *Harvey Penick's Little Red Book*, Bud Shrake, his coauthor, noticed that he often inscribed them with the line "To my friend and pupil." When Shrake asked him why, Penick replied "Well, if you read my book, you're my pupil, and if you play golf, you're my friend." Taking up where the *Little Red Book* left off, this is the second dose of Penick's singular brand of wit and wisdom, full of the simple and easy-to-understand lessons on golf that Penick is known and admired for. Like its predecessor, *And If You Play Golf, You're My Friend* is rich with Penick's great love of the game, a love that he delighted in sharing with golfers of all ages and levels of ability.

Zen Golf

Mastering the Mental Game *Doubleday*

By combining classic insights and stories from Zen tradition, *Zen Golf* helps eliminate the mental distractions that routinely cause

poor shots and loss of concentration, allowing golfers to feel in "the zone" that professionals have learned to master. "The lessons in *Zen Golf* make the mental game seem so simple. Dr. Parent has given me very effective methods for working with thoughts and emotions, and for taking the negatives out of the picture." —Vijay Singh, Masters and PGA Champion The best players know that golf is a game of confidence, and most important, concentration—the ability to focus and block out distraction. The goal of achieving clear thought is also at the heart of Buddhist teachings. In his highly original and groundbreaking book, noted PGA coach and Buddhist instructor, Dr. Joseph Parent, draws on this natural connection and teaches golfers how to clear their minds, achieve ultimate focus, and play in the moment for each shot. *Zen Golf* presents a simple system for building "mental game mastery." Dr. Parent's unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. In chapters such as "How to Get From the Practice Tee to the First Tee", "You Produce What You Fear", and "How to Enjoy a Bad Round of Golf", the author shares a personal teaching regimen that has helped improve the games of professionals and amateurs alike. Clear, concise, and enlightening, *Zen Golf* shows golfers how to prepare for, execute, and equally important, respond to the results of any golf shot. A different approach to golf instruction, this book shapes ancient philosophies into new teachings.

A Swing for Life *Simon and Schuster*

Nick Faldo is considered one of the world's most complete

golfers. For years he analysed his game in search of the perfect swing. In this extensive book-the fully updated and revised version of a timeless golf classic-he shares his experience and the skills of that game. Faldo explains the principles behind his flowing, consistent swing-a swing to apply to every club in the bag. He discusses driving strategy, short-game technique, bunker play, and the art of putting, and includes new information on fitness, equipment, his philosophy of golf, new developments in his swing, and more. Supporting these principles are 250 superb photographs that illustrate how to swing, no matter what part of the course you're on. For experienced golfers, Faldo's strategy on "working the ball" will surely fascinate, as will his philosophy of "taking your game to the course." He stresses that practice and confidence go together-and in this essential book, filled with the same drills and exercises he personally uses for tournament preparation, will help readers create their own "swing for life."

The Complete Golfer

The Golfing Machine

The Star System of G.O.L.F. (geometrically Oriented Linear Force) *Golfing Machine*

Golf: The Art of the Mental Game

100 Classic Golf Tips *Rizzoli Publications*

Dr. Parent has drawn on a career coaching the masters to write a hundred simple yet powerful tips for improving any golfer's score,

from the essentials of the mental game to helpful hints to keep your composure. Each of Dr. Parent's texts is accompanied by insightful illustrations compiled from the Ravielli archives, which balance the physical instruction and mental practice that can keep your swing and your attitude working in perfect harmony. Mirroring the unique structure of Dr. Parent's personal lessons, *Golf: The Art of the Mental Game* moves from the mind to the body, from mental approach through discipline in practice to action on the links.

The 7 Laws of the Golf Swing *Dk Pub*

A noted golf coach and course designer presents a visual guide to building a powerful and consistent golf swing, utilizing a revolutionary approach that emphasizes seven key rules to assist golfers in understanding the correct swing motion.

The Golf Swing *Dutton Adult*

Provides step-by-step instructions on how to develop a sound golf swing.

Golf's Holy War

The Battle for the Soul of a Game in an Age of Science *Simon and Schuster*

As Michael Lewis's bestseller *Moneyball* captured baseball at a technological turning point, this "highly entertaining, very smart book" (James Patterson) takes us inside golf's clash between its hallowed artistic tradition and its scientific future. The world of golf is at a crossroads. As technological innovations displace

traditional philosophies, the golfing community has splintered into two deeply combative factions: the old-school teachers and players who believe in feel, artistry, and imagination, and the technical minded who want to remake the game around data. In *Golf's Holy War*, "an obvious hole-in-one for golfers and their coaches" (Publishers Weekly, starred review), Brett Cyrgalis takes us inside the heated battle playing out from weekend hackers to PGA Tour pros. At the Titleist Performance Institute in Oceanside, California, golfers clad in full-body sensors target weaknesses in their biomechanics, while others take part in mental exercises designed to test their brain's psychological resilience. Meanwhile, coaches like Michael Hebron purge golfers of all technical information, tapping into the power of intuitive physical learning by playing rudimentary games. From historic St. Andrews to manicured Augusta, experimental communes in California to corporatized conferences in Orlando, William James to Ben Hogan to theoretical physics, the factions of the spiritual and technical push to redefine the boundaries of the game. And yet what does it say that Tiger Woods has orchestrated one of the greatest comebacks in sports history without the aid of a formal coach? But *Golf's Holy War* is more than just a book about golf—it's a story about modern life and how we are torn between resisting and embracing the changes brought about by the advancements

of science and technology. It's also an exploration of historical legacies, the enriching bonds of education, and the many interpretations of reality.

Golf Journal

Golfing Logbook for Golfers with Templates for Game Scores & Stat Log - Best Gift for Golf Lovers - 6 X 9 Inches 120 Pages

This golf book will be your partner and will follow you during all your golf trips. Very practical thanks to its small format, you will be able to note all the useful information during your journey. Record the score and track your results and handicap. Format 120 Pages 6 x 9 inches High quality paper

Quantum Golf

The Path to Golf Mastery *Grand Central Publishing*

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.