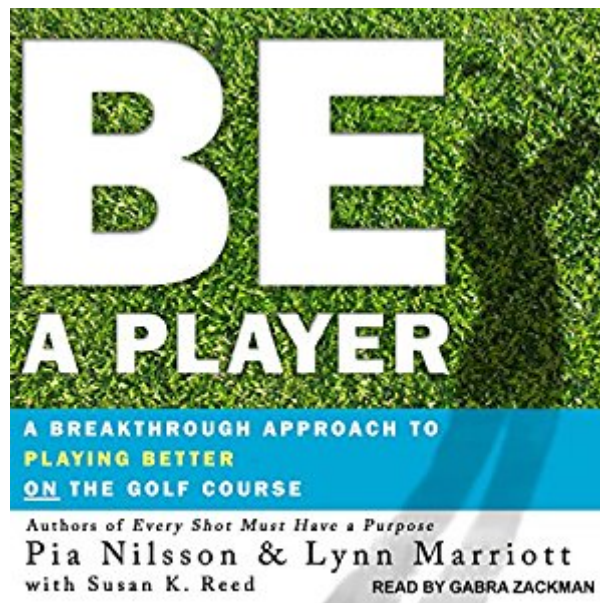




The book was found

Be A Player: A Breakthrough Approach To Playing Better On The Golf Course



Synopsis

Golf is a beloved yet technical game, so a sound swing and precise technique are essential. Most golfers who want to improve their skills go to the range and work painstakingly on their swings, not realizing it's often their performance state on the course that needs work, not their technique. Simple things such as awareness of your balance, tension, and tempo, as well as the ability to control mental, emotional, and social variables you encounter while playing, can quickly take your game to a new performance level. Pia Nilsson and Lynn Marriott, founders of VISION54's groundbreaking and innovative golf program, are here to help. Aimed at both the weekend golfer and the advanced player, each chapter presents a series of "human skills" - including assignments, explorations, and mini lessons - that strip away the complexity surrounding swing technique and playing consistency - the conditional variations that plague golfers. *Be a Player* is a must-listen for any golfer who wants to unite technical skills and on-course performance seamlessly and effectively. With this cutting-edge book, you will become a true student of VISION54 and a better player on the course...where it matters most!

Book Information

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Customer Reviews

The best thing you can read to improve and enjoy the game a great deal more. I read two of her previous books and thought they were good. This new one takes her previous thoughts several steps further. One of the things she talks about, which I agree with, is what a waste of time for amateurs to spend endless hours pounding balls on the range. I agree the best "training" is on the

course. And, how counterproductive quick fix lessons can be. Pia's ideas on grip pressure, tempo and tension were just a few of the things I took away from her book.

As a researcher and teacher of topics on human performance and the mind, I have a pretty high bar for the books I read, enjoy, and then actually write a review for...I've read a lot of golf books and other books on pairing top technical skills (e.g. swing) with human performance skills (e.g. focus), and I was deeply impressed by this book. There are many books that have nice sounding platitudes on the "mental side" of the game, but this book expands your thinking on what that really means, and gives you step-by-step ways to actually do it. I don't even play golf, but I got a lot from this book!

The best golf book I have read. It is not so much about technique as it is about bringing order to your mind and swing. Balance, tension and tempo are vital as are the golfer's ability to use his/her Think Box, Play Box, and Memory Box. So far, all of it has helped me improve my game.

Pia Nilsson & Lynn Marriott are the most insightful instructors on the planet!! Their goal is to teach golfers to "be their own best coach". They understand the individuality of persons and want each of us to shine using OUR best qualities!! So love these

ladies

We all work on technique and our swings, this book gives a whole new insight into the mental side of the game. I have applied a few of the many ideas in this book and dividends are paying off already, I highly recommend the book for someone who has some game but needs help on the mental side. I purchased a second copy to highlight and put my own notes in.

I am a golf nut. so of course I have read a lot of golf help books since I do not like formal lessons. this book, by far, is the best book I have ever read as it relates to golf help...easy to read and not only will it help your golf game but I think it will make you a better person. By all means, read this book and take notes about what will make you better on the course....forget the range....

good book on the mental aspects of playing

Great insight on the "real" game of golf.

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