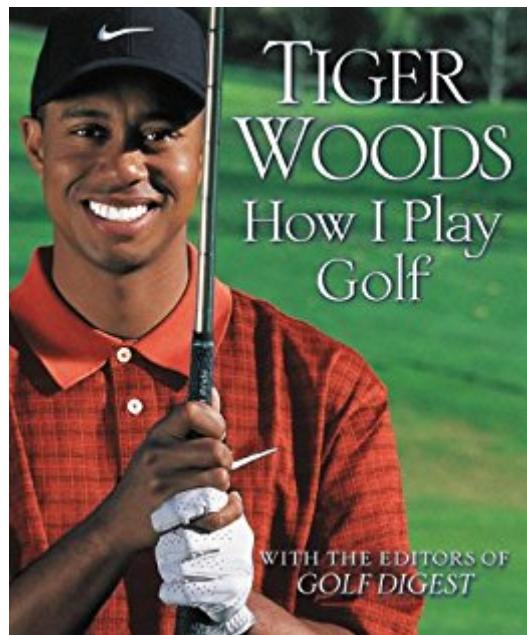


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# How I Play Golf: Ryder Cup Edition



## **Synopsis**

Since turning pro after a short stint at Stanford University, no one athlete has dominated their sport as Tiger Woods has dominated the world of golf. His list of achievements and championships would fill pages. But how does he do it? In **HOW I PLAY GOLF**, through fabulous color photos, slow-motion photography, and plenty of text, Tiger talks about his drives, his putting, his chip shots, his mental approach to the game, and much more more. This is the complete instructional on how Tiger plays the game of golf. Tiger shares his thoughts on what he calls the game for a lifetime. He reveals the five secrets he believes are responsible for his success -- a combination of physical, metaphysical, and psychological practices he uses daily to keep his game in top shape and to help him to transcend all the ups and downs of golf. Not many can play golf as well as Tiger does, but at least we can read how we can try to improve our game. This one singular volume contains all the golf instruction that anyone would ever need.

## **Book Information**

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## **Customer Reviews**

When I heard Tiger Woods was releasing an instructional golf book, I remember thinking that I had to buy it as soon as it came out. As we all know, Tiger Woods is an amazing golfer, and his first foray into writing an instructional golf book is a success. This shouldn't come as a total surprise, since he had been a playing editor at Golf Digest (which also helped in writing this book) for several years before the release of this book. First, I'll mention what you won't find. This book is not overly technical and can be read profitably by recreational golfers and even non-golfers. The book is thoroughly illustrated with photographs (they are actually the primary medium of instruction), which is quite different than Ben Hogan's classic "Five Lessons: The Modern Fundamentals of Golf". By way of comparison, this book is considerably less technical than Hogan's book. The book is laid out by tackling the shortest shots first - putts. Tiger explains that the book proceeds with the shortest shots and progresses through longer shots because he was taught golf that way. He explains why he plays the game the way he does (for example, he uses the interlocking grip instead of the more common overlap grip) and frequently points out other methods that could work. Tiger is quite thorough about exploring not just the technical aspects of playing shots, but also the mental side of the game, such as pre-shot routine and course management. He periodically uses actual pivotal moments from tournaments (such as the 13th at Augusta on Sunday at the 2001 Masters) he played in as illustrations of the principles he talks about in his book. Another fascinating aspect of "How I Play Golf" is when Tiger discusses the off-course side of his golf preparation. Obviously, this includes exercise and fitness, but also includes diet and nutrition. He doesn't get too in depth about any of these subjects (he's actually quite secretive about the details of his exercise routine), but explains the general principles of why he does what he does. Tiger Woods is one of the most fit people on the planet, and the emphasis on physical well-being is a great message for the public. Since this book was published shortly after he completed the Tiger Slam in 2001, there is undoubtedly much that he would change if he wrote another book like this right now, eight years later. Nevertheless, the information here can help a wide range of golfers. Even if you don't play golf, this book is still enjoyable to read and may convince you to give the game a try. It would be fascinating if Tiger wrote another book like this near the end of his competitive playing career to see the evolution of his thoughts on playing golf - we can only hope!

TIGER WOODS: How I Play Golf with the Editors of Golf Digest (Warner Books) © Marc Wickert December 27, 2009 [...] The beauty of this modern age for anybody into anything is that there are instructional books and DVDs by the best practitioners in the world in every field imaginable - golf, mixed martial arts, tennis... even books on how to grow handlebar mustaches. The thing is, no

matter where you live on the planet, you can hop online and order a book or DVD, then start receiving tuition from the greatest exponent in any chosen sport or interest. TIGER WOODS: How I Play Golf is a perfect example, where you can have the world No.1 for your mentor. As the cover states: "There is simply no athlete quite like Tiger Woods. His domination of golf is unparalleled." CONTENTS: Preface - How to Start (Yearning to Learn) Chapter One - How to Putt (Rolling the Rock) Chapter Two - How to Get It Down (Turning Three into Two) Chapter Three - How to Escape from Sand (Making the Hard Easy) Chapter Four - How to Swing (Building an Action to Last) Chapter Five - How to Flag Your Irons (Knocking Down the Pin) Chapter Six - How to Nail Fairway Woods (Playing the Versatile Clubs) Chapter Seven - How to Smoke the Driver (Going with All You've Got) Chapter Eight - How to Handle Problems (When it Starts Getting Ugly) Chapter Nine - How to Stay in Control (Managing Your Game) Chapter Ten - How to Master the Mind (Winning Psychology) Chapter Eleven - How to Get Strong (Surviving as the Fittest) Chapter Twelve - How to Play (Enjoying the Journey) All instructions from Tiger are clearly worded and accompanied by excellent photos to make your lessons with him easy to follow and put into practice. As with the best of the best in all sports - Fedor Emelianenko in MMA, Roger Federer in tennis, or Tiger Woods in golf - there is more to the player's winning ways than meets the eye. All elite champions have great mental powers. And as mentioned above, TIGER WOODS: How I Play Golf also contains the chapter, How to Master the Mind, which covers some very interesting aspects of Tiger's mental approach to the game. This is an outstanding publication for any professional or would-be golfer.

"How I Play Golf" is easily the best instructional golf book I've ever come across. As I read the book, I was amazed at both the amount of information and the level of detail. Yes, Tiger obviously covers the fundamentals (vital information!) but he also discusses numerous more advanced topics (like hitting stingers and chipping with a 3-wood). Golfers of all skill levels can benefit enormously from this book. However, if you're just starting out, buy this book. It could save you years of frustration on the course. For what it's worth, the (mild) review/criticisms of this book are weak. I don't see why Tiger was supposed to exclude (or re-write and re-photograph) great pieces previously included in issues of Golf Digest (which probably represents less than 1% of the book). To say this book is a rehash of old Golf Digest articles is flat-out wrong (I also subscribe to Golf Digest). I have both "How I Play Golf" and a couple of David Leadbetter's instructional books - including "The Fundamentals of Hogan". In my opinion, Tiger's book is more far more understandable and useful (but that's just my opinion). Is this Tiger's version of "Five Lessons"? No. Why re-invent the wheel. Besides, that was 1957. Different time, different equipment, different players, different courses, different approaches,

different books. Both good, but different.

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