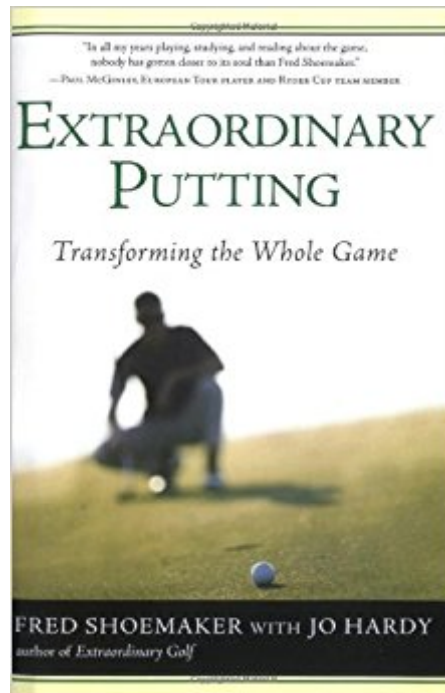




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Extraordinary Putting: Transforming The Whole Game



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

Fred Shoemaker, who began teaching golf in the seventies, is the founder of Extraordinary Golf(r) named one of Golf Magazine's "25 Best Golf Schools" in America. He lectures and conducts workshops around the world for such organizations as the PGA and the LPGA and for major corporations, including Apple Computer, Oracle, and Pfizer. JO HARDY is CEO of Extraordinary Golf. She and Fred Shoemaker are married and live in Carmel, California.

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).

I couldn't have chosen a more relevant book for lessons in being present to my existence, let alone to golf. If I can adopt this approach 24/7, I will undoubtedly have a much more joyful and rewarding life in and out of golf. I look forward to the effort! I would recommend this book to any thoughtful person looking to enrich their experiences.

One of the greatest mind and body sports books ever written & I have read quite a few. Not only a golf book, but a life book for "living in the present". Which is where we free up our body to allow the best of our abilities to come out. While "Golf in the Kingdom" is still the bible, Apostles Fred Shoemaker & Jo Hardy weave an Extraordinary path, as we leave swing thoughts behind and start walking into the present of a relaxed swing.

Jack Nicklaus was my golf role model. When I chose to play golf I did not have drinking beer and riding in carts as my visual but a flying right elbow. My how to bible for all swing things was, Golf my Way. Thirtysome years later, I still fight the flying right elbow but, thanks to Fred Shoemaker and Jo Hardy I win the battle most rounds. To be clear, Fred Shoemaker has written two books. Extraordinary Golf published in 1996 and Extraordinary Putting. My experience - having read them both - is that the greatest exploration of ones golf possibilities can be found in Extraordinary Putting. In this book Jo and Fred introduce the possibility that for extraordinary learning to take place, what

you're doing must not only be interesting, but relevant and meaningful. The putting green is the perfect place. It cost nothing. You don't need buckets of balls or acres of real estate. Most golfers are pounding shots at the range leaving the green open for you to explore interesting and relevant. The discovery that one can turn putting practice into fun was huge for me, my putting and, as it turns out, the rest of my game. So, whether you are new to the game or a plus handicap looking to put the joy back in your golf, you cannot go wrong buying Extraordinary Putting.

My favorite book about golf - and life. Fred is a treasure. I'm a psychotherapist. The approach Fred uses towards golf is the same approach I use with my clients. The key is awareness. Golf is a terrific metaphor for life and Fred writes so well about how to approach them both. I had the pleasure of attending his school and playing with him at Bandon Dunes. My time with him is truly a highlight of my golfing life.

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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