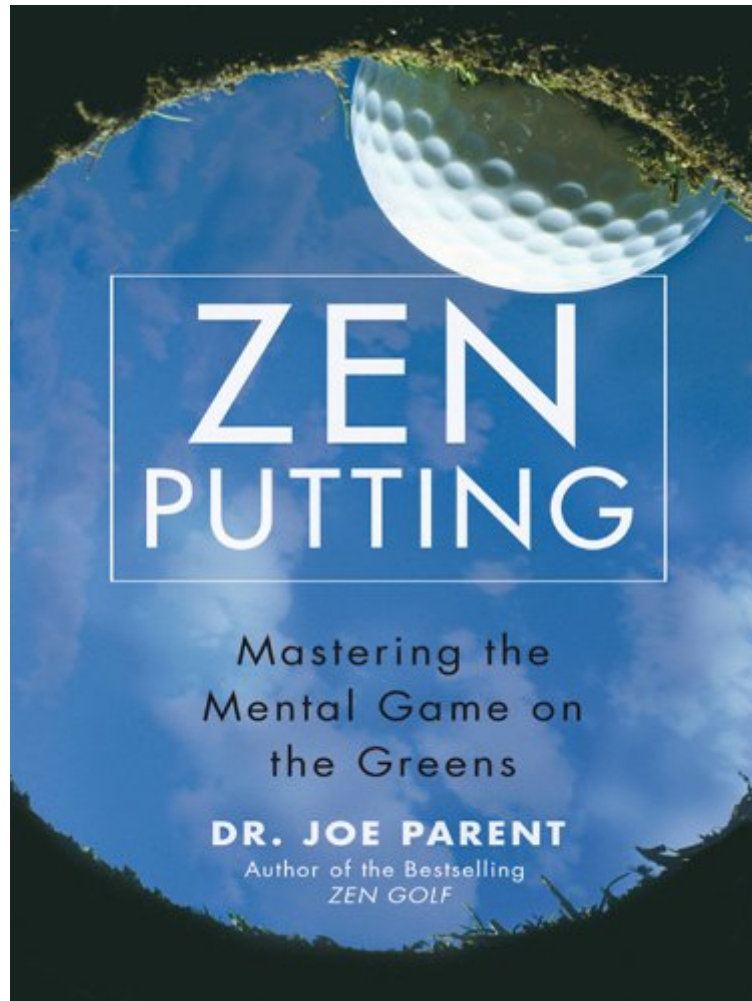


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# Zen Putting: Mastering The Mental Game On The Greens



## Synopsis

The bestselling author of *Zen Golf* (more than 100,000 copies sold) presents a new book of profound wisdom and proven techniques for achieving the confidence in putting that all golfers know is the key to peak performance on the greens. Blending Buddhist wisdom, modern psychology, and practical golf instruction, Dr. Joe Parent's 2002 book *Zen Golf* broke out to become the top instructional book in golf, and continues to be a steady bestseller. Now, in the eagerly awaited follow-up, Dr. Parent provides readers with a new approach to the aspect of golf in which mental skills have the most impact: putting. *Zen Putting* takes a thinking-outside-the-box approach based on the idea that by tuning into the process of putting rather than worrying about the result, golfers can get out of their own way and maximize performance. Key principles include using mindful awareness to recognize and clear away distractions and negativity, and that confidence increases when golfers take the attitude that there is something fundamentally, essentially right with them rather than focusing on what's broken or flawed. In succinct, informative chapters, Dr. Parent applies this Zen ideal to a variety of subjects for any putting situation. Chapters include: 'Unconquerable Confidence': brimming with strategies to cultivate confidence and turn frustration into enjoyment. 'Get Out of Your Own Way': exploring the obstacles we create for ourselves in putting, and how to recognize and overcome them to get the most out of our abilities. 'How to Make Every Putt': on reading greens; visualization; putting routine; the key components of a putt's path, pace, and roll; and taking the ideal attitude before putting. Unlike rigid how-to books on putting or fad coaching techniques, *Zen Putting* stirs each reader to cultivate their own unique style for synchronizing body and mind to achieve peak performance.

## Book Information

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## Customer Reviews

This book is a very good mental reminder and coach on how to approach putting. And the author does not confine himself just to putting. I found many hints as to how to prepare yourself mentally to do better, and if you fail, how to handle it, without blowing up. I'm not sure that any of this is brand new, but it sure has helped me to focus on the task at hand. I bought a total of 4 copies of the book to share with my regular four-some. I've yet to see how the others evaluate the book

Couldn't put it down, and making my second trip through it with a highlighter. This is the bible of mental toughness on the greens. Very easy to read and navigate as a guide. Short chapters are easy to digest. Results depend on your own desire to believe. I personally experienced immediate peace and mindfulness over the ball. I make every putt I look at and hole more than I could have ever imagined now. Zen Golf is a must read as well. Thanks Dr. Joe!

Great book - synthesizes all the best tips about putting and presents a method to use all you know and then forget all the details as you focus on the process of line, speed, and stroke. It has already helped me out of my inconsistent putting ways.

For the past 25 years "Putting like the Pros" by Dave Pelts has been my bible and has served me well to the point that some of my golf buddies have asked me to help them with their putting woes, but this is something altogether different, this is Peltz plus plus. More technical than Zen Golf because it is obviously more specific, but for anyone who is feeling that they are losing their edge at the pointy end of the game, you don't need a belly putter or a broomstick putter and you certainly don't need to leave the game; JUST GET A COPY OF THIS BOOK.

I read Zen Golf and then Zen putting and then I won my club championship. Enough said. Read this book and you will make every putt you see.

My two favorite books on putting both deal with the mental aspect -- "Putting Out of Your Mind" by Bob Rotella and this book by Parent. The great thing about each of these books for me is the fact that they give you practical and applicable ways in which to direct your focus to the most productive mindset for the given task. Putting is a different animal than tee shots, approach shots and all the other full swing facets of golf. It does require a unique basic approach to get mind and body in harmony and these two books help get you there.

This book was the closest to "nothing" I've read in a long time! I was three chapters into this book before I realized all this guy had to say was, "Get over it -- it's just a game !" Don't waste your time or money. Frank

Like Zen Golf, this is a book to study and try to put into practice what you have studied. It is not worthy of a quick read - it is too good for that.

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