

<<高尔夫球手TIGER WOOD>>

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作者：John Andrisani

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内容概要

As a young boy, Tiger Woods dominated the junior ranks, winning a record three U.S. Junior Championships in a row. As an amateur, he triumphed again, winning three consecutive U.S. Amateur Championships. And as a pro, he continues to dominate the world of golf, recently becoming the only man in the history of the game to hold four major championship trophies at one time: the Masters, U.S. Open, British Open, and PGA.

With insightful and intelligent analysis, golf writer John Andrisani reveals for the first time the secrets that Tiger Woods has learned from family, fellow competitors, and teachers about the all-important mental game of golf. Andrisani shows how Earl Woods's lessons on course-management skills and the art of mental toughness have given his son an important edge over more experienced competitors time and time again; how Tida Woods taught her son the Buddhist values of patience, tenacity, and self-reliance. As well, Andrisani offers insights into the roles of former teachers Rudy Duran and John Anselmo in helping Tiger make the vital connection between mental awareness and good scoring, and how his present teacher, Butch Harmon, is passing on what he learned about the mental side of golf from legends such as Ben Hogan. Additionally, Andrisani shows how Dr. Jay Brunza, a clinical psychologist, has shown Tiger how to enter an intense "cocoon of concentration" while playing competitive golf. Think Like Tiger gives golf fans a deeper appreciation of Woods's remarkable mastery of the inner game and shows how these same techniques can be applied to anyone's game for lasting improvement.

Andrisani (The Tiger Woods Way and The Short Game Magic of Tiger Woods) interviewed family, former teachers, coaches and a clinical psychologist to gain insights into Tiger's mental game. From father Earl Woods, Tiger learned mental toughness and discipline: for example, when playing with the young Tiger, Earl would intentionally cough or drop clubs to train Tiger to block out gallery noises while swinging. Tiger's first professional teachers, Rudy Duran and John Anselmo, realizing Tiger was already swinging like a pro, stressed mental imagery and self-confidence. Even mom Tida Woods (interviewed by Anselmo on Andrisani's behalf) had a hand in Tiger's mental mastery by instructing him in the precepts of Buddhism and meditation. By far the most intriguing aspect of this analysis of Tiger's mental game is the pseudo cloak-and-dagger chapter on Captain Jay Brunza, a Navy clinical psychologist who Andrisani (a former senior editor on instruction at Golf Magazine) is convinced taught Tiger to hypnotize himself into a "super-clear, super-positive, heightened sense of relaxed concentration." Because Woods was not consulted regarding any of the information offered here (as the back cover disclaimer reveals), the analysis reads like hearsay. A lackluster writing style and basic golf concepts presented as secret revelations relegate the book's appeal to beginners.

Height (mm) 232

Width (mm) 146

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