

Extraordinary Golf, The Art of the Possible

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I have recently finished reading a book by Fred Shoemaker titled Extraordinary Golf, The Art of the Possible. This is the first book out of the handful of golf instruction books I have read that has changed the way I THINK about golf as a whole and about the golf swing in particular. Most of the other instruction books presented formulas for executing the golf swing that only seemed to add more "noise" in my head rather than helping me focus on hitting the ball TO its intended target. Fred Shoemaker's book has already helped me with my focus and concentration as well as my ball striking.

Extraordinary Golf, The Art of the Possible covers much more than the golf swing, including how to discover your real purpose for playing golf and how to develop and trust your instincts. At the end of the book, Fred Shoemaker gives several drills and practical exercises to help you with putting, concentration, and courage.

Before reading this book, I did not realize it, but fear played havoc with my game. For me it wasn't so much fear of what my playing partners would think of me, although that was resident as well, it was more fear of screwing up over and over again and being unable to progress toward the mastery of this game like I thought I wanted. After reading Extraordinary Golf, The Art of the Possible, I have successfully played 2 rounds free of fear and I immensely enjoyed playing both times; it was so freeing to rediscover why I began playing this game. When my focus was not on the scorecard, but on letting go and playing fearless golf, my performance was as good or better than I had previously experienced.

Extraordinary Golf, The Art of the Possible has inspired me to continue learning this game and to expect extraordinary results. I highly recommend this book to any golfer who is looking for a new perspective on golf or who is in a slump and can't seem to improve.