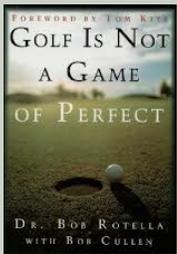


CONTINUING EDUCATION

Must-Have Books for Your Professional Library

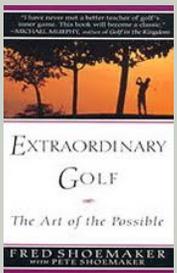
We get a lot of requests from members asking “What are the must-read books and manuals for golf instructors”. Last month we began to provide the answers with the 20 swing technique books most often mentioned as seminal reading for serious teachers. This month we add to our Proponent Group reference library with our members’ favorite volumes on Sport Psychology ranked in order. All of these books and their descriptions will be archived on the members-only website in The Library. So have you read all of these yet?

#1) Golf Is Not A Game Of Perfect by Dr. Bob Rotella



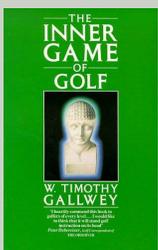
Rotella goes beyond just the usual mental aspects of the game and the reliance on specific techniques. Rotella creates an attitude and a mindset about all aspects of a golfer's game, from mental preparation to competition and with a conversational fashion in a dynamic blend of anecdote and lesson. Filled with delightful and insightful stories about golf and the golfers Rotella works with.

#2) Extraordinary Golf: The Art of the Possible by Fred Shoemaker



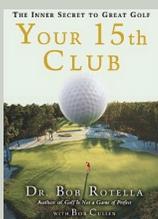
Most golfers approach the game with a complex mental package: worries and judgments about their swing, the course, the weather, looking good. They think about what's wrong instead of what's possible, and this is what Extraordinary Golf teaches: The art of the possible. Shoemaker shows how extraordinary golf can be coached, learned, and practiced, with results not only in people's scores but in their sheer pleasure in the game.

#3) The Inner Game of Golf by W. Timothy Gallwey



W. Timothy Gallwey's bestselling Inner Game books—with more than one million copies sold—have revolutionized the way we think about sports. As he did in his phenomenally successful The Inner Game of Tennis, Gallwey provides methods that can be applied to situations beyond the green. The Inner Game of Golf delivers strategies to achieve potential—both in the crucible of competition and in everyday life.

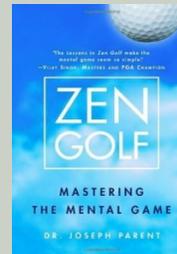
#4) Your 15th Club by Dr. Bob Rotella



The 15th Club is the tool that golf stars like Tiger Woods use to block out negative thoughts, doubt, and fear. It is what allows champions to perform at their peak both in practice and during the game. Golfers who lack it find the game elusive and frustrating. Confident golfers play the game as they have always sensed they could play it. Dr. Rotella provides a detailed plan that anyone

can use to build the self-image of a winner. He offers a one-year schedule in diary and calendar form that will incorporate the daily mental routines that he assigns to players on the PGA Tour. This is how the pros learn to ignore negative influences, focus on productive advice and take pride in their abilities.

#5) Zen Golf: Mastering the Mental Game by Joseph Parent



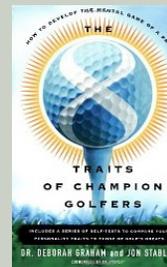
Zen Golf presents a simple system for building “mental game mastery.” Dr. Parent's unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. By combining classic insights and stories from Zen tradition, Zen Golf helps eliminate the mental distractions that routinely cause poor shots and loss of concentration, allowing golfers to feel in “the zone” that professionals have learned to master. Clear, concise, and enlightening, Zen Golf shows golfers how to prepare for, execute, and equally important, respond to the results of any golf shot.

#6) The 30-Second Golf Swing by T.J. Tomasi



At every level of competitive golf, from the Saturday afternoon best ball to the U.S. Open, champions need to use more than just a grooved swing to come out on top. Playing to your talent level involves great mental control in addition to having a good swing. T.J. Tomasi demonstrates how to harness the power of mental control to successfully plan, execute and evaluate each and every shot. The techniques in this book will help correct mental errors as well as grow confidence and provide tactics to regain control.

#7) The 8 Traits Of Champion Golfers: How To Develop The Mental Game Of A Pro by Deborah Graham and Jon Stabler



The most valuable tool a golfer can bring to the course is a strong mental game. Using their unique GolfPsych® program, Graham and Stabler challenge you to explore the crucial elements of your personality and measure them against the traits of successful golfers such as Lee Janzen, Dave Stockton, Michelle McGann, and Gary McCord, all of whom have worked with Dr. Graham. With player examples and a careful explanation of why each trait is important to the game, Graham discusses: Focus and Concentration, Abstract Thinking, Emotional Stability, Dominance and Competitiveness, Tough-Mindedness, Self-Assurance, Self-Sufficiency, Optimum Arousal, and Managing Tension

Complete with charts, self-tests, and playing tips, The 8 Traits of Champion Golfers is the only research-based, tour-proven guide to the mental game of golf, making it possible for every golfer to find their “zone” and play like a champ.