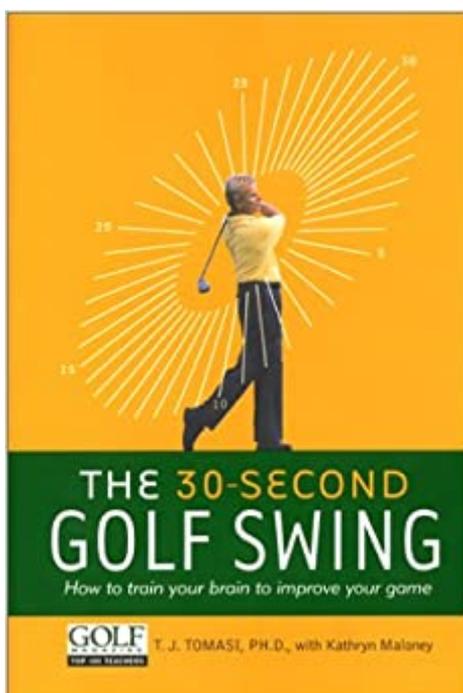


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# The 30-Second Golf Swing: How To Train Your Brain To Improve Your Game (A Mountain Lion Book)



## Synopsis

At every level of competitive golf from the Saturday afternoon best-ball to the U.S. Open, champions conquer golf with far more than a grooved swing. To separate themselves from the pack, champions funnel their golf experiences through a process that brings order to their games. I call this process the 30-Second Swing, a method of running your brain to control your game. By adopting the 30-Second Swing you can rid your game of mental errors and the hidden obstacles that keep you from playing to your talent level. Playing to your talent level involves far more than the second and a half you spend swinging the club. The golf swing is only one piece in the pattern of great golf, a 30-Second Swing pattern for running your brain. Thirty seconds, give or take a few, is the time it takes to plan, execute, and evaluate every shot. To have the best chance for success, you must learn to apply all your resources to each and every shot you hit, both in practice and in play. By doing this you can impose your will on the golf course rather than allowing the golf course to impose its will on you. The techniques in this book will help you recognize what's happening when your game starts to slip, and you'll have the tactics to regain control immediately. The goal of this book is to make your score match your talent for the game. You'll learn how to train your brain to run your game so that you develop a mastery not only of golf but of yourself. Training and running your brain correctly -- controlling your thoughts, reactions, memories, and images -- is essential to playing the game to your potential.

## Book Information

Series: A mountain lion book

Hardcover: 240 pages

Publisher: Collins; First Edition edition (April 1, 2001)

Language: English

ISBN-10: 0060196106

ISBN-13: 978-0060196103

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,212,209 in Books (See Top 100 in Books) #88 in Books > Sports & Outdoors > Coaching > Golf #815 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology #1507 in Books > Sports & Outdoors > Golf

## Customer Reviews

From one of Golf magazine's Top 100 teachers, *The 30-Second Golf Swing: How to Train Your Brain to Improve Your Game* combines physical, cerebral and emotional approaches to the game. T.J. Tomasi, director of the Players School at PGA (Professional Golfers Association) International, argues that even though it takes less than two seconds to swing a golf club, it's the 28 seconds before that swing that matter most. Tomasi offers psychological insights - especially on how to recognize and replicate your best shots, and how to avoid the "bonehead effect," or messing up under pressure. Such discussions will intrigue the game's many introspective enthusiasts, and most should welcome his practical step-by-step approach to the often-elusive graceful, accurate swing. Copyright 2001 Cahners Business Information, Inc.

Dr. T.J. Tomasi, one of GOLF Magazine's Top 100 Teachers, is a peak-performance coach whose program for course management and mental strategy is the focus of this book. Dr. Tomasi is a Class-A PGA Teaching Professional. He holds a Ph.D. in education and has published eleven books. His articles appear regularly in publications such as GOLF Magazine, Golf Tips, and Senior Golfer Magazine. Tomasi's syndicated golf page, Insider Golf, is featured in more than a hundred newspapers and on a myriad of Web sites every week. Tomasi also cohosts CNN's golf instruction segments, which appear on airport television monitors and in-flight videos for a number of worldwide airlines, as well as CNN TV on Sunday mornings.

This is a great book. It has helped me bring my focus in and start paying attention to the important aspects of my game to score. It really made a difference in my game. I am a guy that has always been grip it and rip it, very aggressive and managed to get my handicap down to a 9, but then I got too cocky and I couldn't score well, lots of fantastic shots (or spectacular golf as Tomasi puts it) and now I am playing a good mix of that and "scoring golf" ....trying very hard to move all the way to scoring golf! hahaha. All in all, a great book for guys like me that know they are very capable of shooting in the low 70's but lack the mental attitude and focus. Its definitely not overnight though, I see the improvements each time and I notice more about my game using his PSO system. Great book!

This is not a conventional golf instruction guide. If you're looking for his titles on the mechanics of the golf swing, then the list is long. Break 100 Now: From Hacker to Golfer in Just 90 Days How to Break 90: An Easy Approach for Breaking Golf's Toughest Scoring Barrier Total Golf The LAWS of the Golf Swing: Body-Type Your Golf Swing and Master Your Game This book sensibly outlines a

method to play to your full potential. This is a true book covering the mental game through using your mind to prepare through evaluating yourself. So you can hit a straight 250 yard drive, but can you chip, putt or hit approach shots with equal accuracy? There are several methods that the author improves your game through self assessment and self critique. Through a detailed analysis, you determine your strengths and weaknesses. Additionally, the author focuses upon positive thinking and target oriented play. What this book focuses upon are mental keys. A valuable section is what 'not' to do. I admit the concept of reading golf strategy is quite dry. There are boxes that feature vignettes that tend to keep your attention. Through my personal experience in playing and reading, I do what is outlined to a great degree to improve my game but this book really ties everything together that I learned along the way. It is more practical than Harvey Pennick's book, through more concrete plans, or even Raymond Floyd's, Master's Guide of Scoring. The Elements of Scoring: A Master's Guide to the Art of Scoring Your Best When You're Not Playing Your Best Harvey Penick: Little Red Book A complementary subject to this book, written by a different author is another book that I recommend: Golf: The Mental Game I recommend this book to a beginner who has had some lessons and plays with some regularity. This is also good for a player in a plateau in their golf potential. Lastly, this is a good book for those people who have a natural talent/temperament for the game but want to make it to the next level.

Was a good book

Picked up a few great points. But it got too analytical in the middle.

Pretty good info...practice is best.

I found some of the chapters helpful but many were way over the top. Maybe if I was a pro or had a 1 or 2 handicap they would be helpful but for a guy that plays one or two times a week most of it I would not even consider doing. It also seems to talk in circles on many issues

I've read all the top books about the mental side of the game and this one is the best by a wide margin. It is not an easy read because you actually have to spend time contemplating how you're going to use the concepts, but it is not boring in the least. Many of the concepts have been borrowed by authors of newer books without attribution. The advice in this book has improved my pre-shot routine. It has helped me break out of the "practice" mindset when I am playing. I paid full

retail and it was money well spent. I can see how a chop might not like this book, but any mid to low hdcp player would see its value in lower scores.

What a boring and useless book!!! Even though it is 6 years since this was published I can't remember when reading was such a chore. I am not a good golfer but not bad either. I tried hard to read this book and would tell you to just go out and play. Get a lesson from an inexpensive pro. You will get more out of it than reading what the author thinks will be good for you. I am not sure why others rate this book so highly. Even in 2001 I could not have been hoodwinked into reading this book. Please save your money. Even if it is 1.98 for a used copy. I paid \$6.00

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