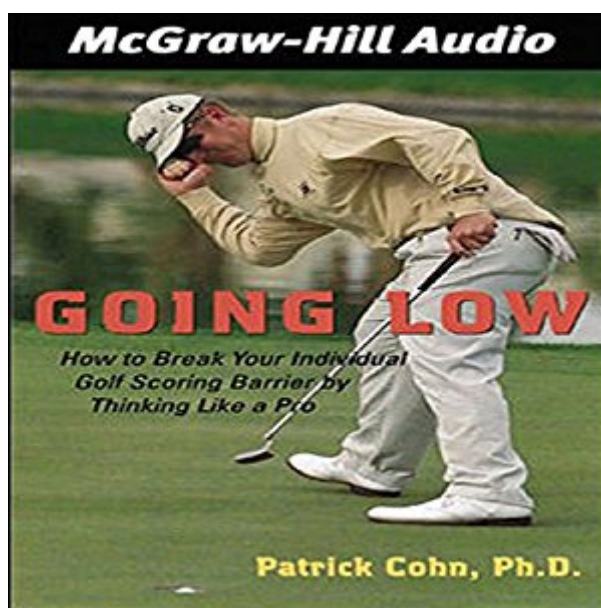




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Going Low: How To Break Your Individual Golf Scoring Barrier By Thinking Like A Pro



Synopsis

Going Low teaches tour-proven strategies so you can break through your individual scoring barrier - whether it's 100, 90, 80, or 70 - for the first time and continue to shoot low golf scores. Drawing heavily from the experience of top professionals and his own work, author Patrick Cohn provides specific instructions that will guide you, lesson by lesson, toward your dreamed-about scoring target. With this book, you will learn how to unlock your self-imposed limits and develop confidence in your play.

Book Information

Audible Audio Edition

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Customer Reviews

I honestly found the book to have a lot of useless chapters, with a few "golden nuggets" of great advice. I think this book was worth it for the few chunks of great advice that it has in it.

Good read. Cohn breaks the game down and will help you stay out of your own way. Historical references and comments from notable pro golfers help you understand some of the key points.

I got this book on Feb 9 2005. Finished reading it on Feb 11, 2005. While the book claims to provide insight into "how to go low", it really doesn't. If you're interested in a book that talks about Pro Golfers scoring low, with no insight into the mental process, then this book is for you. I was disappointed by this book. It was not thought provoking.

Excellent little product. quality made product, will last for a long time This is a reasonable price

products and structure is better than I thought, well enough to be as a gift to give to friends.

Excellent super duty case Excellent product, well packaged, everything is superior. Very satisfied with my purchase.

I purchased this audiobook and admittedly have completed only the first chapter. However, Dr. Cohn's credibility was lost in just the first paragraph. He begins by saying that Jack Nicolaus won 20 majors, in fact he won 18. He then says that Sam Sneed won 85 tournaments in his career, in fact he won 82. The reader then goes on to explain that Byron Nelson won 11 straight tournaments, which is correct. The only problem is that he called him Brian Nelson, not Byron. I was so shocked by multiple errors in just the first paragraph that I actually started the audiobook from the beginning to confirm that I had heard the misstatements correctly. Sadly, I had. I am still making my way through the book, but I am VERY skeptical about the future contents when there are so many errors already noted in the opening. I would have expected that getting the facts correct would have been a higher priority.

This book really paid off for me. Dr. Cohn has so many useful pieces of advise. From getting off my own back over a bad shot, to ignoring my score, to his advise about negative memories, all of it has been right on the money. I am a high-handicapper who always had trouble breaking 100. Last year, I had two rounds of 82. Overall, I've eliminated 14 strokes off my handicap. Dr. Cohn advises that the worst enemy of a golfer is their own memories of poor shots. The negative memories that build up are a primary source of the "yips". He was so right. I developed a bad case of the yips in my chipping early last year. Too many sculled shots over the green. Once I learned to let go of the negative memories and my own expectations of failure and remember that I have the ability to make this shot, my "scrambling" percentage went through the roof. I have also stopped watching my cumulative score for a round. Dr. Cohn's advice about eliminating the pressure to make a certain score on the next hole is right on. The most important thing to think about is the shot you're standing over right now. Always stay positive and you'll be pleasantly surprised at the end of the round. I'm so jazzed about getting back on the course again this spring. I can't wait to see if I can continue the progress I made last season. I think this book is well worth it.

This book helped me to have the proper mental outlook on how to shoot low scores. I started to release the possibility in myself on how to play better golf and not listen to any negative thoughts. I also really loved---The Ultimate Golf Instruction Guide: Key Techniques for Becoming a Zero

Handicap Golfer or Better by Patrick Leonardi, isbn is 1933023090. Leonardi's book showed me great technique that were non-conforming to what else is taught on the market. It's very easy to follow and shows results instantly (Highly recommended.) For example, before using The Ultimate Golf Instruction Guide: Key Techniques for Becoming a Zero Handicap Golfer or Better, I never hit more than 5 greens in regulation in one round. After reading this book and applying its techniques to my swing, I now have can hit at least 9 greens in regulation on average. Patrick Cohn's book helped me to mentally transform my mind from amateur thinking to professional thinking on the golf course.

Dr. Cohn's, "Going Low," is another great golf book to add to your collection. This book goes beyond the basics of golf to the pinnacle of success in life. Going Low has not only helped me break through my expectations of scoring but it has helped me gain the mindset to take a good round all the way to the clubhouse. Step by step lessons will guide you to a personal best you never thought possible. No matter how low you go or how low you think you might be able to go this book will assist you on going even lower. I recommend Dr. Cohn's best book ever to all levels of golfers so they to can obtain the mindset needed for achieving their personal best round.

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