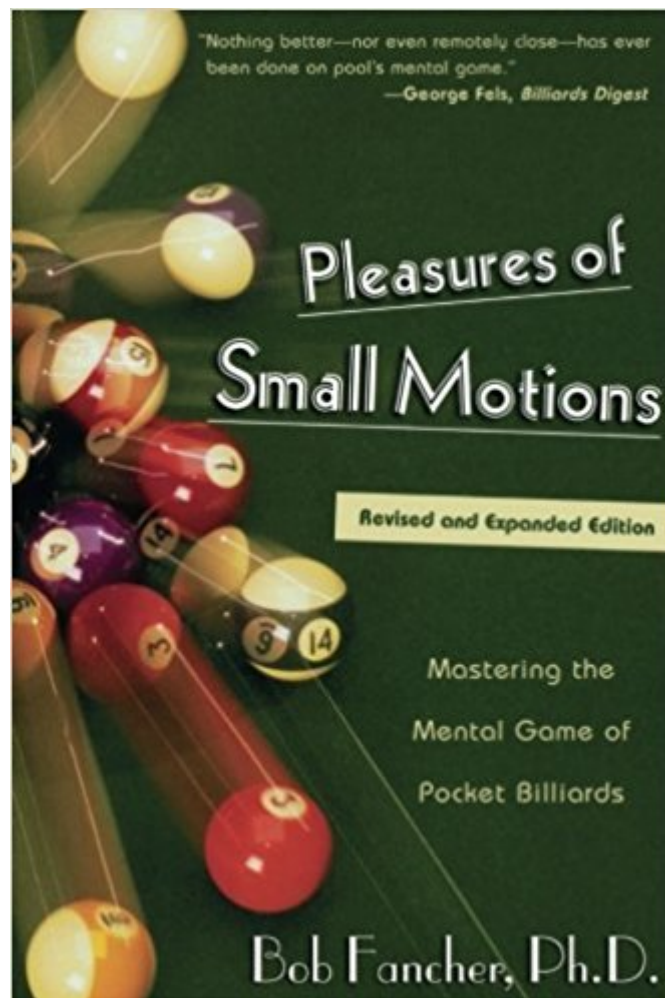




Ebook Directory
the best source of ebook

The book was found

Pleasures Of Small Motions: Mastering The Mental Game Of Pocket Billiards



Synopsis

A psychotherapist and pool columnist breaks new ground by applying good science to the mental game of billiards and gives invaluable insight on competitive play.

Book Information

Paperback: 160 pages

Publisher: Lyons Press; 2nd, Revised & enlarged edition (June 1, 2002)

Language: English

ISBN-10: 1585745391

ISBN-13: 978-1585745395

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 64 customer reviews

Best Sellers Rank: #139,273 in Books (See Top 100 in Books) #6 in [Books > Sports & Outdoors > Individual Sports > Billiards & Pool](#) #109 in [Books > Humor & Entertainment > Puzzles & Games > Reference](#) #172 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

"Nothing better. . . has ever been done on pool's mental game." --George Fels, Billiards Digest

Everyone who plays pool knows that it is "mostly mental," but the conventional wisdom about the mental game is about as accurate as the idea that the earth is flat. Until now, no one with any expertise on how the human mind works has bothered to write about pool. In *Pleasures of Small Motions*, Bob Fancher, a psychotherapist and pool columnist, breaks new ground by applying good science to the mental game of billiards. This book does for pool what Timothy Gallwey's bestselling "The Inner Game" books did for golf and tennis. Fancher explains how the conscious and unconscious mind work together, prescribes drills to help players improve, advises on mastering emotion and developing rhythm, explains the difference between concentration and focus, and gives invaluable insight on competitive play. (6 x 9, 160 pages, illustrations) Bob Fancher's column, "Dr. Bob, Pool Shrink," appears monthly in *The American Cueist*. He earned his Ph.D. at Vanderbilt University and practiced psychotherapy in New York for fourteen years. His acclaimed book *Cultures of Healing* has been used in classes at Columbia University, Princeton, and many other schools, and his writing has appeared in *The Washington Post* and other publications. He lives in

Austin, Texas.

Bought this book on a compulsive whim while obsessing about billiards. Holy crap Tarzan! This little book is changing my life - for the better. This fine piece of work has taught me that to manage endless compulsions, which become obsessive at about three times the speed of light - all I need to do is think about something else. It's that simple. For 65 years my personal management tool box has been empty. Now I have an effective tool to carry in it. SSRI's like Prozac can slow down what I call the motor in my head, thereby reducing the power of a particular compulsion/obsession, but SSRI's cannot actually help manage my OCD thought process as an adult. This wonderful book has given me a new lease on life. I can control my compulsions simply by thinking about something else. Another way of saying it is: I now manage "realistic expectations" as opposed to just bouncing around like a deranged ball in a pin ball machine of despair. Thank you so much Dr. Fancher. Your book has been quite unexpected.

This isn't a book on how to calculate angles or how much english to use. The marketplace is filled with books and videos for that. This is a book on how to properly use the most important pool tool you have. Your mind. Use the look inside feature and read a few pages. You'll quickly find out if you're ready for this or not but make no mistake. This book will benefit any pool player who takes their game with any amount of seriousness. Yes, I'm talking to you fellow league players :)

This book is a great read. I enjoyed it but actually found a few parts to be a little redundant. Regardless I think it is a good resource for both advanced players and those just beginning the game. There are nuggets throughout that should help any player.

Terrific insight into the physical/mental connection of what makes us love pool. Not a bunch of inspirational mantras but instructions as to how to move our conscious actions to the subconscious through close observation. This will help your game from stroke to competitive attitude.

I haven't finished it yet but it has already given me some insight that I have found helpful. I have now read most of the book and I have seen a big difference in my game. I pay attention to my mechanics more instead of just staring at the ball trying to keep focus. I realize I need to work on mastering decisions and motions without overthinking it and without ignoring my innate knowledge.

What is written confirms my approach to the game of pool. As a young boy I played snooker. Many, many years later I began to play pool again, I had to learn the new language of pool. The mental side of the game becomes important as I play in league tournaments. I enjoy the game because of those small motions whether I win or lose. This book is a must read for those who love the game!

Good book for the mental side of the game.

I'm no genius or high intellect, but, that book was almost impossible to read. I had to read paragraphs and chapters over and over to try to make sense of it. Some of it had to be me, I'm certain that parts of it were the author liking to hear himself too much.

[Download to continue reading...](#)

Pleasures of Small Motions: Mastering the Mental Game of Pocket Billiards The Treasures and Pleasures of Hong Kong: Best of the Best (Treasures & Pleasures of Hong Kong) Game of Thrones: 100 Question Trivia Game For True Fans (Epic Fantasy Series, Game of Thrones Books, Game of Thrones, Fantasy Books) (Epic Fantasy, Fantasy ... TV, TV Guide, Game of Thrones Book) The Mental Game of Volleyball (Masters of The Mental Game Book 19) Mental Game Changers Rodeo: How to Change Your Mental Game in 10 Short Stories ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) The Book of Songs & Rhymes with Beat Motions: Let's Clap Our Hands Together (First Steps in Music series) Le fabuleux pouvoir des ÃfÂ©motions - Livre audio 2 CD He-motions: Even Strong Men Struggle The Art of Advocacy: Briefs, Motions, and Writing Strategies of America's Best Lawyers (Aspen Coursebook) The Articulate Advocate: Persuasive Skills for Lawyers in Trials, Appeals, Arbitrations, and Motions McDougal Littell Science: Student Edition Motions & Forces 2007 The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently Mastering Golf's Mental Game: Your Ultimate Guide to Better On-Course Performance and Lower Scores Zen Golf: Mastering the Mental Game The Seven Principles of Golf: Mastering the Mental Game on and Off the Golf Course Zen Putting: Mastering the Mental Game on the Greens Tarascon Pocket Pharmacopoeia 2010 Classic Shirt-Pocket Edition (Tarascon Pocket Pharmacopoeia: Classic Shirt-Pocket Edition) Pocket Adventures Aruba, Bonaire & Curacao (Pocket Adventures) (Pocket Adventures) (Adventure Guide to Aruba, Bonaire & Curacao (Pocket))

Contact Us

DMCA

Privacy

FAQ & Help