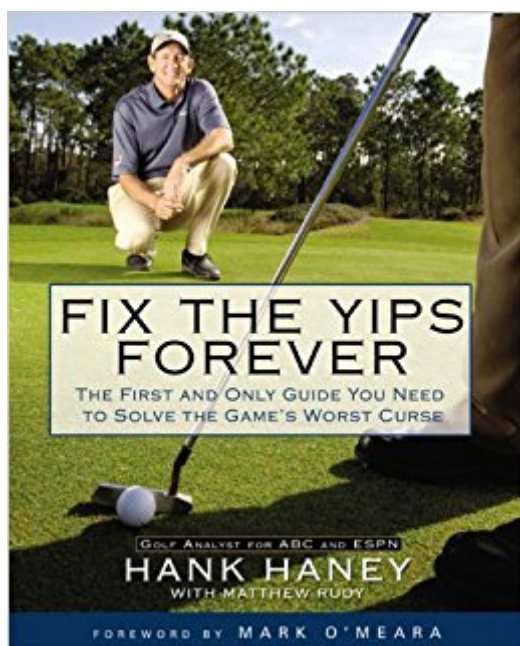


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# Fix The Yips Forever: The First And Only Guide You Need To Solve The Game's Worst Curse



## Synopsis

Let the teacher who works with Tiger Woods, the world's best player, help you cure the yips; the frustrating problem that can cause even the greatest players to miss short putts, jab chip shots over the green, or miss fairways by eighty yards off the tee. "The yips can make you feel like you want to quit golf and take up fishing full time. I know. I've been there. But Hank's experience and sensitivity to the problem make him unique in the world of golf instructors. If you have the yips, you couldn't be in any better hands than Hank Haney's." —Mark O'Meara, from the Foreword to *Fix the Yips Forever*

Most golfers think of the "yips" as a psychological affliction, a confidence problem that causes them to lose control of their game because of a split-second glitch. But scientists are now starting to unlock the true root of the problem: focal dystonia, a motor-neural malfunction that causes a player's brain to distort the message being sent to the muscles. Acclaimed golf instructor Hank Haney used these discoveries to overcome his twenty-year battle with the yips, and now he shares his breakthrough regimen that can "rewire" any golfer who struggles with the yips. Showcasing dozens of practical, hands-on techniques for eliminating the yips from putting, chipping, and the full swing, *Fix the Yips Forever* delivers the brand of prescriptive advice and drills that have made Haney one of the most sought after golf instructors in the world. This groundbreaking handbook features more than 100 black-and-white photographs, including reproductions of diagnostic screens and Haney's ultrasound "yips measurement System" for hands-on yip-free training. If you can't make it to Haney's Golf Ranch for a personal diagnosis, *Fix the Yips Forever* is the next best thing.

## Book Information

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## Customer Reviews

Currently Tiger Woods's swing coach, Hank Haney has won every major teaching honor in golf and also serves as an analyst for ABC and ESPN. Ranked among the top five instructors in the world by Golf Digest and named 1993 PGA National Teacher of the Year, Haney lives outside Dallas. Matt hew Rud y is a senior writer at Golf Digest, where he has collaborated on cover instruction stories with luminaries such as Ernie Els, Phil Mickelson, and Vijay Singh.

I struggled for two years with the worst case of the putting yips. Hank has two systems. Fix it mentally or fix it physically. By drastically changing my grip and taking my right hand out of the putt I am no longer yipping. It is a great book with lots of ideas and empathy for the dreaded yip disease that can be cured.

Overly long for the advice given. Nothing new here. i knew Hank will do anything for another dollar but I hoped there would something here for chipping yips. Nope!

this book has been excellent for helping my short golf game--recommend it for any one having putting and chipping problems

I was in fact part of the Mayo Clinic's official analysis of the yips malady known, medically, as focal dystonia. I would say, to be fair, that I know at least as much as Hank Haney about this disorder, and I have in fact spoken with Hank, who was very nice in doing so, as together we were collaborating to try to help Shaquille O'Neal with his free throw yips. That is indeed what Shaq had/has. Wilt Chamberlain had them, too, and got around them by shooting free throws underhand. Anyway, I bought Hank's book and it was remarkably unhelpful. Not sure why. It is as if Hank decided to do a halfway job on the book. It is long on explanation and incredibly short on fixes, despite the title of the book. I am working on a book addressing the latter, which would be unnecessary if Hank's book had lived up to the title. Jack Thompson, Miami

Great book. I got a lot out of it and have improved my chipping quite a bit based on some of the info and pratise ideas from the book.

Hank Haney coached Tiger Woods in 2008. His credentials are extensive. When an expert writes about a common anomaly as the Yips, one should really listen to him. Haney covers everything from the full swing, short game (chips) and putting yips. He shows methods of how to swing the club and how to cope with the yips. I read this book primarily for information, as a beginner and a golf scholar (having already read dozens of golf books). He advocates the arc type of putting stroke over the straight back-straight through stroke. The text is easy to follow and the author cites clinical research behind the phenomenon of the yips. The book is well illustrated with sharp full color photographs. Overall, Haney's advice is solid. I highly recommend this book (even if you don't have the yips).

I am subtracting one star because Hank admits in the book there is no forever fix and it's a matter of controlling them so the title is kind of misleading. However, Hank packs the book full of useful information including how to diagnose your yips and how to do drills that help you reduce and control the yips. I liked how he contrasted the quick fixes (switching grips, moving to left-hand, a belly/long putter) to using drills to control the yips. So far I've done a few of his drills and they make sense. Changing grips worked as a quick fix, but he's right that you have to relearn distance control. As an amateur playing only a dozen times a year, I may just stick with his quick fixes, but I will try to do his drills as well and post back if that fixes my yips. I'm just glad I've found some solutions that will not make me so scared next time I have a 2-3 foot putt for par or birdie.

It took me many years to find out that I've had the yips since I learned to play golf when I was only twelve years old. It's terrible to love this game so much and not be able to progress simply because of this strange ailment that came into my swing when I least expected. It affected not only my putting but every aspect of my game, maybe the wiring in my brain is not suitable for playing golf but because hope is the last thing you lose I keep looking for a cure. A few years ago I started learning about the neurological causes of the yips from the studies on the Mayo Clinic, they found that it is simply an involuntary movement similar to what is known as dystonia or basically a nervous tic that appears in moments of stress. After so many years at least I have an explanation to my weird unexpected swings, the sad thing about this study is that the researchers didn't have a clue on how to cure the condition. So you can imagine the illusion into which I bought this book, with such a promising title and by such a prominent author I couldn't wait to find out how to get rid of the yips that have made me so miserable for so many years. Good explanation about the causes of the yips and an interesting research by the Germans with the device to detect the exact moment on which a

golfer gets the involuntary movement, otherwise this book is a rip off. It does not deliver what it promises, it only make some suggestions on how to help yourself on controlling the yips not to get rid of them. The author recognizes the difficulty in controlling the yips when chipping and give only a few hints for controlling your putting and the driver but no statistical evidence to prove if this methods work short or long term. I feel like if I've been taken again by one of the golf gurus who keep selling magic clubs or devices to improve our game when most of the time they know the falseness of their claims, didn't expected from Tiger Woods coach and now I don't know whom to trust anymore.

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