

# Marketplace



**THINK ONE-PUTT.** In "Great Putting—Right Now! Mental Keys to Confident Putting" (\$12; 888-742-7225 or 800-637-3557), Dr. Patrick Cohn and Robert Winters have created a helpful, 74-minute audiotape for those struggling with their putting and their psyche. The tape is divided into eight sections, such as: "Create a great putting attitude right away," "Develop a positive putting routine and putting consistency," and "Prepare your mind to make putts and take your confidence to the course." The advice includes: Focus on getting the ball in the hole, not mechanics (don't watch the putterhead on the way back; don't try to make a perfect stroke); have a plan or strategy; tell yourself you can make

the putt; focus on rolling the ball over a specific line; and accept the result.

Some advice is repeated, but repetition is an excellent way to learn. Rating: ★★★<sup>1/2</sup>

## GETTING PHYSICAL.

Since life keeps getting more hectic, club pro John Duffie wants us to slow down, take a few deep breaths, and be sure to warm up before teeing off. "GolfShape" (\$40; 800-637-3557), his easy-to-follow, 35-minute video with manual, preaches five concepts to better fitness (deep breathing, rotational flexibility around a solid base, maximum trunk strength, strong hands and relaxed arms, and improvement of balance, rhythm, and timing). Also, 14 simple flexibility and strengthening exercises can be performed in three to five minutes before the round. It's a quality warm-up program with clear explanations.

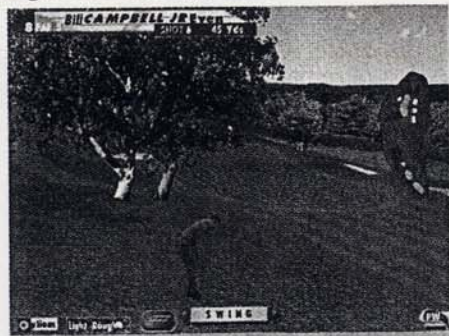
A useful, at-home workout and nutrition guide is included for more devoted souls.

Rating: ★★★<sup>1/2</sup>



## THE CONSUMMATE GOLF PRO.

Every week, a new golf game appears touting "realistic" simulation. One that lives up to this claim is "The Golf Pro" featuring Gary Player (\$44.95; 800-216-9706; CD for Windows 95 only). You'll get a charge out of the clear, detailed hole images of St. Mellion and Hilton Head National, and the fast-loading graphics provide continuous motion. Although the swing takes getting used to (slide the mouse side-to-side while holding the left button), it feels more like an actual swing than most games. Another similarity to real golf is that you control the length of the backswing. "The Golf Pro" also delivers many popular options: male or female player, links to other computers, competitions, even different weather conditions. The voice of the "Caddy" offers yardages, plus shouts encouragement and criticism. (On hitting into the woods: "Do you know the price of golf balls these days?") The only time Player makes an appearance is in the "Intro Lesson"; we suggest starting there to familiarize yourself with the game. More courses (and Internet play) are in the works. Rating: ★★★★★



Ratings: one

(poor) to five

(excellent)

stars

## HOT LINE

"Why do they call it a birdie? 1,001 Fascinating Facts About Golf" (\$15; Birch Lane Press) is an easy read with a catchy title and some interesting, little-known golf facts.