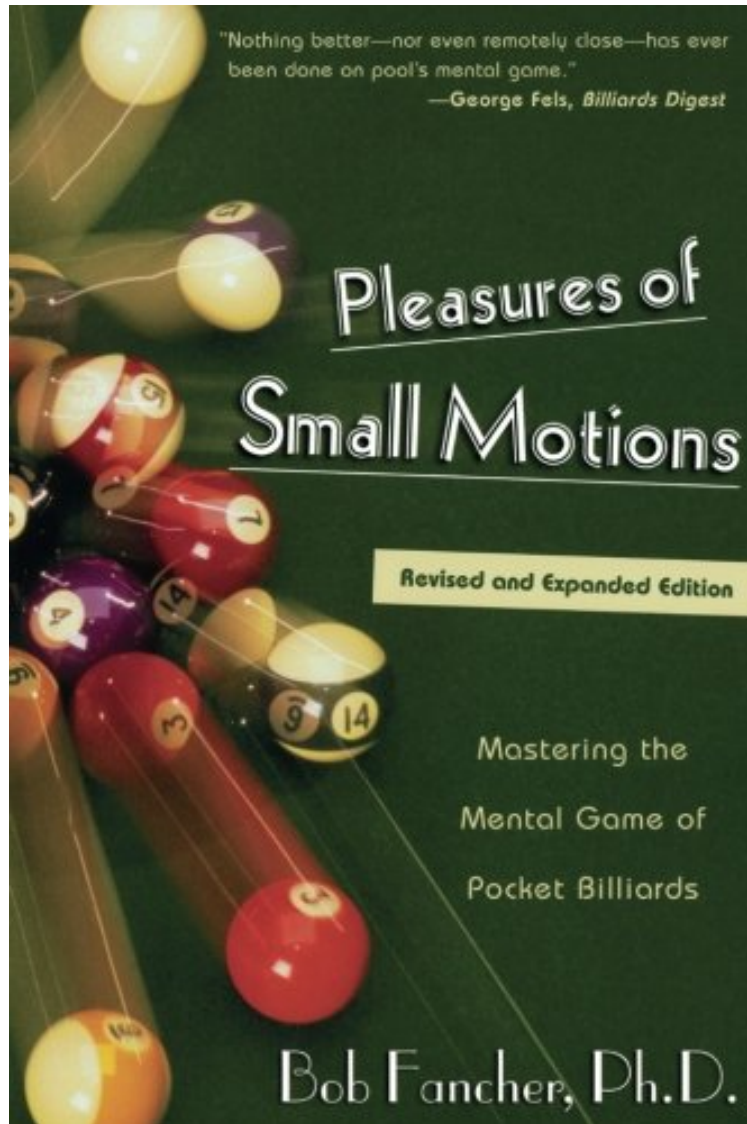


Pleasures of Small Motions: Mastering the Mental Game of Pocket Billiards

Bob Fancher

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Bob Fancher : Pleasures of Small Motions: Mastering the Mental Game of Pocket Billiards before purchasing it in order to gage whether or not it would be worth my time, and all praised Pleasures of Small Motions: Mastering the Mental Game of Pocket Billiards:

4 of 4 people found the following review helpful. Excellent book for life managment, not limited to billiards at all - in my humble opinion. By Bruce J. Kolinski 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. 0 of 0 people found the following review helpful. Good read for beginners and advanced players. By Dan
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. 2 of 2 people found the following review helpful. A studied look at the mind of a pool player by a poolplayer with a Ph.D. In psychology. By Thomas
3. 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.

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.

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