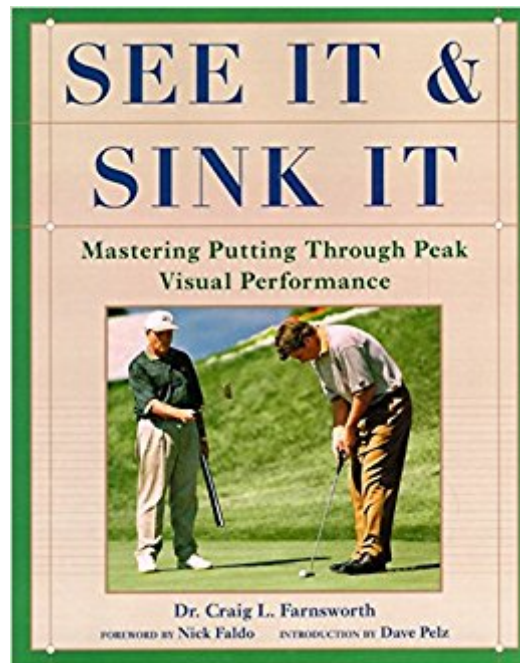




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See It And Sink It: Mastering Putting Through Peak Visual Performance



Synopsis

Dr. Craig L. Farnsworth, an optometrist and nationally recognized putting consultant to Nick Faldo, Tom Kite, Steve Elkington, Mark Wiebe and other top tour players, reveals the secrets of his unique, highly successful system. Farnsworth believes that missed putts are more often caused by visual misperceptions than by faulty stroke mechanics. This invaluable, easy-to-follow guide shows golfers how to alter their visual perceptions by "rewiring" their eye-brain reality -- helping them to understand how to see and to establish accuracy of what is seen. *See It and Sink It* presents Farnsworth's winning method, which is based on the fact that in order to excel, one must develop accurate and enduring visual performance skills, such as eye-hand coordination, target localization, accuracy of visualization, space matching, visual discrimination and concentration. These are the essential basics to be able to align properly, judge distance and speed and to read the green. Step-by-step exercises are provided so readers can easily adapt the "Farnsworth System" -- the same system that helped Nick Faldo to win the 1996 Master's Tournament -- to master their own putting.

Book Information

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Customer Reviews

"I heartily suggest you read, digest, and internalize the recommendations and techniques contained in this book." -- Dave Pelz

Dr. Craig L. Farnsworth has married his practice as an optometrist with his passion for the game of golf, and grounded his putting techniques with research and testing on the greens. He has launched

Eye of the Champion, which will soon be marketing visual performance/golf-related equipment through pro shops, direct mail, and infomercials. He lives in Lakewood, CO.

Great book on putting.

Recently, I've read Sones "Light's out putting," Pelz's "Putting Bible," and Farnsworth's "See It & Sink It." Sones is basic stuff. Pelz is interesting technical stuff with some good drills and lots of talk about mechanical aids (most of which he sells). But Farnsworth is by far the most interesting and potentially the most helpful. Farnsworth analyzes the way we see, judge distance and break, and the problems many of us have with how we see. All the drills and practice in the world won't help much if the target isn't where we think or visualize it is. And many of us simply don't see straight, even many pros. This book helps figure out our shortcomings in this area, how to overcome them, and how to retrain the way we see. Has this ever happened to you? You seem to miss most of your putts to the right. You draw a straight line on the ball, line it up to the hole and now find your missing most of your putts to the left! This book will help you figure out what's going on here. It's invaluable.

No great revelations here. Use your dominant eye to line up putts, and establish a pre-putt routine. And practice!

Great book. Opened my eyes to things about putting that I have struggled with and gave me information I hadn't heard before.

First book that actually made me a better putter.

The book is very technical and tedious, but the theory works very well. I think it verifies what I have been trying to do for years and have not been able to define. It accounts for being so hot with the putter one day and so not the next.

When I first skimmed this book, I felt it was poorly illustrated and the writing was very marginal. However, upon reading it through, I think it is one of the best golf books ever written, mainly because it spells out in detail how one can really begin to use his vision on the putting green, something that's alluded me for the 30+ years I've played the game. The exercises and tools are SIMPLE and tremendously effective. It is a joy to get a book you can use right away--and see

results almost immediately. A genuine breakthrough golf manual for the guy who seriously wants to improve.

I have read a lot of golf instructional books and this is the most unique. Dr. Farnsworth's basic yet profound concept is that the what and how you see leads all else in putting. I found I am missing to the left because I see the hole to the left. Drills, tips, and skill test in the book have helped me lower my score 3 strokes (I am now a 5 handicap).

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