



The Putting Prescription: The Putt Doctor's Proven Method for a Better Stroke

By Dr. Craig L. Farnsworth

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The Putting Prescription

The Putt Doctor's Proven Method for a Better Stroke

Dr. Craig L. Farnsworth

Author of See It & Sink It

The doctor is on the golf course!

Dr. Craig Farnsworth has helped more than 125 Tour pros improve their putting games from good to outstanding. Now, you can raise the level of your game using the same innovative techniques that have helped Nick Faldo, Annika Sörenstam, Bernhard Langer, and many others become masters of the green. Whether you suffer from sloppy setup, tight grip, pushing, pulling, or ""the yips,"" The Putting Prescription will cure what ails you!

""I have worked with Craig over the years and have used and applied his prescriptions and drills myself. I particularly love the string and needles drill. All you need to do is add a bit of practice.""

-Nick Faldo, six-time Majors winner on the PGA Tour, member of the World Golf Hall of Fame, and analyst for CBS and the Golf Channel

""As a veteran PGA Tour player, I've studied many golf books and listened to more than my share of instructors. Dr. Farnsworth's putting method is the most complete and thorough I've read. He has helped my putting and he can help yours too.""

-Scott McCarron, PGA Tour player

""I have had the honor to work with the leading putting coaches in the world and Dr. Craig Farnsworth is the best of the best. His understanding of putting is by

far the most comprehensive, and his ability to communicate that knowledge is second to none. I have seen him transform the game of a PGA superstar and elevate the games of 'weekend warriors.'""

-Mike Adams, Golf Digest Top-50 Instructor and Golf Magazine Top-100 Teacher

""Dr. Farnsworth is the premier specialist in helping golfers of all abilities become the best putters they can be. His attention to detail and creative use of drills and games are the best in the game. This book will help you get to the next level.""

-Brian Mogg, Golf Magazine Top-100 Teacher

""Having seen the direct benefit to my own game, it is crystal clear to me why so many PGA and LPGA players ultimately find their way to Dr. Farnsworth. He does a wonderful job of blending state-of-the-art teaching methods with the specific needs of the student. I am very cautious about referring my students to instructors. However, I enthusiastically refer my players to Dr. Farnsworth.""

-Dr. Gary Brown, Golf Performance Specialist, Intelligent Golf

""I have utilized Doctor Farnsworth's information in my instructional programs since meeting Doc in 1998. His knowledge has transformed my teaching and my own game, allowing me to be the Michigan PGA Teacher and Player of the Year in 2005. Following the Doc's prescriptions will help transform everyone's putting!""

-John L. Dal Corobbo, Director of Instruction, The Training Academy at Prairie View

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Editorial Review

From the Inside Flap

In his classic *See It & Sink It*, Dr. Craig Farnsworth changed the face of putting. More than ninety percent of PGA Tour players have adopted his method of alignment, including Tiger Woods, Vijay Singh, and Phil Mickelson. His revolutionary, visually based putting system helped Nick Faldo win the 1996 Masters. Now, "the Putt Doctor" takes you to the next level with a book that will change how putting is learned and taught.

In *The Putting Prescription*, the veteran optometrist-turned-putting-guru provides innovative and comprehensive guidance that helps you dramatically improve your putting stroke-and lower your scores!

Based on an extensive computer analysis of the putting strokes of elite Tour professionals, top collegiate players, and amateurs at every level of play, Dr. Farnsworth's scientifically based instruction includes nearly a hundred step-by-step prescriptions that will help you build a reliable stroke, correct mistakes, improve your aim, and much, much more.

You'll find out why knowing your dominant eye is crucial to your setup; how to develop the grip that's right for you; and why it is sometimes helpful to practice your putting without a hole, a ball, or even a putter! You'll also learn how to:

- Develop a killer Putt Doctor stroke in five easy steps
- Trust your eyes and understand what you see as you aim
- Fine-tune your stroke
- Avoid pulling or pushing your putts
- Know where to look, how to look, and what to look for
- Control putt speed like a pro
- Develop an attitude that improves your success rate
- Overcome "the yips"
- Approach drills and practice with a purpose

You'll find plenty of Putt Doctor diagnostic tests to help you define problem areas, and Dr. Farnsworth's prescriptions, practice tips, and drills will help you nurse your putting to the peak of health and make you a master of the green.

Complete with more than a hundred photos to guide you toward the perfect setup, grip, aim, and stroke, *The Putting Prescription* is just what the doctor ordered!

About the Author

Dr. Craig L. Farnsworth, America's leading sports vision authority, is an instructor on the PGA Tour and a contributor for *Golf Magazine*, *Golf Digest*, *Golf Illustrated*, and *Golf Tips*. His work has been covered by publications such as *Sports Illustrated* and *GQ*. He has appeared on ABC's *The Health Show* and on the Golf Channel. He is the author of *See It & Sink It*. His website is www.puttdoctor.com.

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