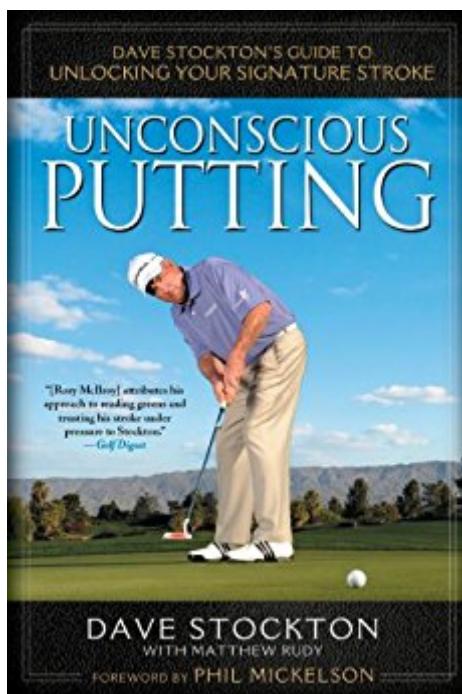


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# Unconscious Putting: Dave Stockton's Guide To Unlocking Your Signature Stroke



## Synopsis

"The Pro Tours' Hottest Coach" (Golf Digest) reveals the secrets that helped Phil Mickelson win the 2010 Masters and can utterly transform every player's game. When a resurgent Phil Mickelson won the Tour Championship in September 2009, he was quick to credit a series of simple putting lessons from veteran golf champion and instructor Dave Stockton. As a top coach, Stockton has taught a long list of pro players-including Annika Sorenstam, Yani Tseng (winner of four LPGA tournaments), Adam Scott (Texas Open champion), Hunter Mahan (Phoenix Open champion), and Morgan Pressel (World Ladies Championship of Japan winner)-the putting strategies that finessed their game. Stockton's breakthrough concept is that every player has their own Signature Stroke, which is unconscious. Good putting comes from the mind, Stockton says, not from a series of stiff mechanical positions. With visualization, the right frame of mind, an efficient pre-putt routine, and connection to the individual internal stroke signature, any player can make far more putts. Putting has always been taught as an offshoot to the full swing, when in reality it is far different- almost a different game. Unconscious Putting will help players get out of the rigid, mechanical, overthinking trap. In Unconscious Putting, Stockton shows how players at every handicap level-from pros to weekend golfers-can putt effortlessly and with confidence by integrating a new mental approach with a few simple physical routines that will keep them locked on target. Readers will also gain invaluable advice on reading greens and equipment. Illustrated throughout and filled with anecdotes about how Stockton's lessons have helped today's leading players, Unconscious Putting is a must-have golf book and a category classic-in-the-making.

## Book Information

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## **Customer Reviews**

Helpful ideas are shared in this book, but nothing that is groundbreaking in my opinion. Basically Stockton emphasized the importance of visualizing the line of the putt and making sure that your ball rolls over the intended line. That's really the major point.

I like the philosophy of simple thinking, by just picking a line, based on break and speed, and rolling the ball over it! However, controlling the required speed in a putt just based on feeling is extremely hard. You can throw a baseball to somebody, without thinking of speed, but the will a glove stop that ball regardless of how far back it would've gone if not stopped! In putting there is nothing stopping the ball behind the hole! Any miss beyond 18 inches, could easily represent an extra shot, and I didn't find a clear instruction in this book on how to control that!

Stockton is a very accomplished golfer....who better to share his knowledge and experience on helping you to become a better and more confident putter. Anyone who has played golf for a lot of years will easily grasp what Stockton is telling you. His theories are straightforward, focus on the hole, light grip, speed and break....fire. Sounds easy as we generally tend to cram our mind with too many things while over the putt. You still have to work on it but Stockton helps you with the more simplified process. A good book for anyone that truly enjoys the game of golf with all its frustrations and continually heads out to the course to try and do better. Whether you are new to the game or an old timer reading Stockton's book will certainly help to keep putting as simple as possible when we know that the game of golf is so difficult at the best of times. A good read.....HenryG

Dave Stockton is one of the true masters of the scoring game, and the short game. In the mid 80s, I used to follow him at the Greater Hartford Open where he played with a former champion's invitation. I had a free clinic on scoring, especially putting, by walking all 18 holes with his group. I was often the sole gallery in those early rounds! Although noted for his putting skills and teaching,

he regularly scored better than his multi generationally younger playing partners at the tournament, though often outdriven by 30 yards. His Cybervision video on putting should have cult status, in my opinion! His technique is not entirely conventional when compared to the likes of Crenshaw, Utley and Pelz. I find it far easier for amateurs to apply successfully inside of 10 feet. But there are real insights here in how to read longer putts, both in terms of strategy and technique, that can't be missed! Or rather, found elsewhere!

Dave Stockton is a true pioneer in efficient and effective putting. The simplicity behind his philosophy is sure to stick with any student or instructor who reads this book.

A very helpful book. The mental part of golf is so important and that's the focus of this book.

First, Dave Stockton is highly regarded as one of the best putters in history, and the man never took a practice stroke. Throughout this book he talks about feeling the putt. If you're looking for an instruction manual with exact tips on exactly how to putt, go read the Dave Pelz Bible books. Dave Stockton includes some tips regarding hand placement, green reading, etc., but he doesn't believe there is one right way to putt. That is very evident throughout this book. I was originally surprised at how thin the book was after reading the Pelz stuff (which reaches 400 pages). But as a feel player myself, I really appreciated the approach that Stockton uses. If you're new to golf, I would not recommend this book. But if you've been playing for years, there are some handy thoughts in here that could take you to the next level.

Fantastic book with a great plan for putting. I have been golfing for 30 years and my putting has been poor for the last decade. This method helps clear the mind and limit the amount of focus on mechanics. It is really crazy how it works.

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