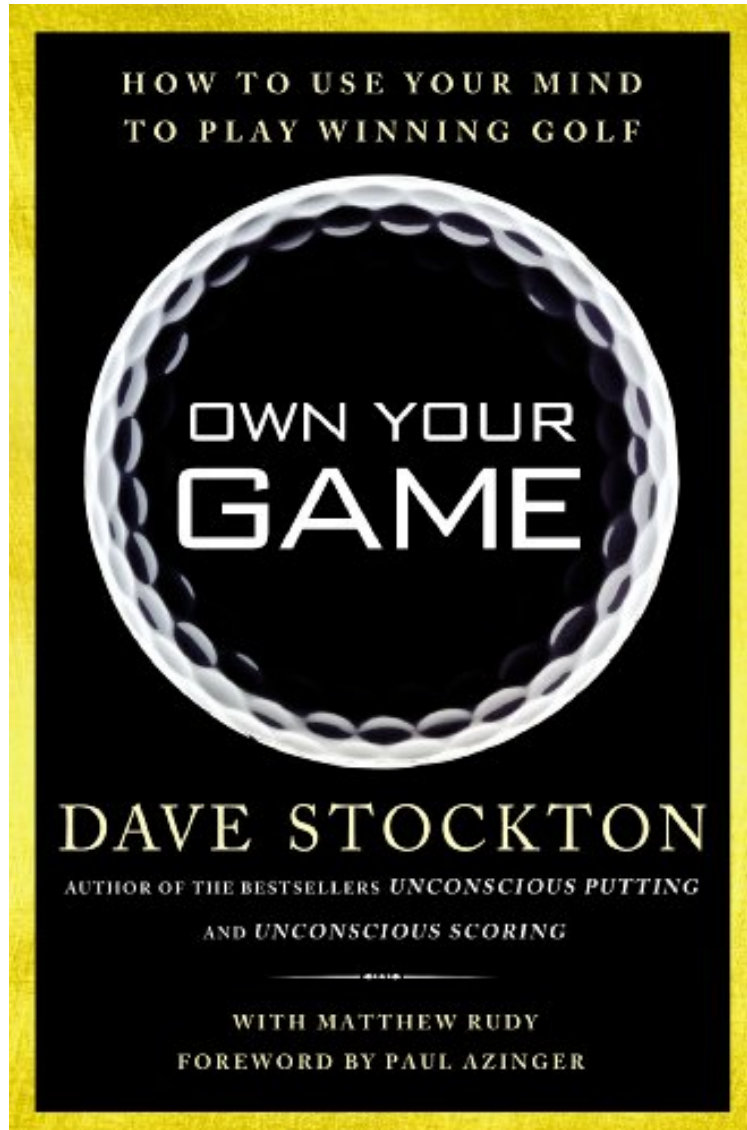


Own Your Game: How to Use Your Mind to Play Winning Golf

Dave Stockton, Matthew Rudy

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Dave Stockton, Matthew Rudy : Own Your Game: How to Use Your Mind to Play Winning Golf before purchasing it in order to gage whether or not it would be worth my time, and all praised Own Your Game: How to Use Your Mind to Play Winning Golf:

17 of 17 people found the following review helpful. A book about Dave Stockton, not about golfBy David H. SmithIf you want to learn about Dave Stockton and all the famous people he helped, this is the book for you. If you want to learn how to improve your game, don't bother.Ah yes, he talks about visualization, picking the right club, and relaxing, but only incidentally. I plowed through all the self-congratulatory chapters waiting for some advise, until I came to "Acknowledgements." I'm sure Stockton has useful information to impart, but I didn't find it in this book.9 of 9 people

found the following review helpful. A disappointment
By Demetrios J. Govostes
Dave Stockton's first two books were excellent. This is an afterthought and really is all about visualization except he doesn't really tell you anything about how to go about it. Spend your money on his short game and putting knowledge. This is not anything that will help you advance your golf game. However, for those of you at a high level and have done visualization drills, this can help. But for the average amateur, this is really just a waste of money.
8 of 8 people found the following review helpful. Major disappointment
By Tim O'Hara
After enjoying the previous 2 Stockton books about putting and scoring this book was a big let down. I think he mailed it in and just told some old anecdotes from over the years. This should have been a much shorter magazine article. Nothing substantial to help your game.
Tim O'Hara

"The Pro Tour's hottest coach" (Golf Digest) distills the lessons of a private strategy session into an indispensable "soft skills" companion. Credited with transforming the short games of world-class golfers like Rory McIlroy, Phil Mickelson, Annika Sorenstam, and Yani Tseng, Dave Stockton is one of the most sought-after coaches in golf. Yet Stockton's natural abilities are more like the average player's than those of most tour superstars. Not particularly long off the tee and average in terms of ballstriking, Stockton has won multiple major championships through a willingness to set his ego aside and analyze his game objectively—precisely what make him so effective as an instructor. The hallmark of Stockton's coaching is the idea that "trying doesn't work." He shows students how to get out of their own way and let their subconscious take over. In *Own Your Game*, Stockton recreates the experience of riding eighteen holes with him at one of his highly sought-after corporate outings. He explains how any player can learn to use his or her mind effectively—both in the microcosm of the shot at hand and in plotting a way through a round. Amateur golfers are tired of trying to imitate the swings of the pros—to mostly disastrous results. Stockton gives players the tools and the freedom to play better with the swing they currently have. Portable, conversational, practical—and complete with a mini-guide to playing business golf with colleagues and clients—*Own Your Game* shows how players at all levels can master the all-important mental game.

"Then it's instructor on the subject of putting." —The Wall Street Journal
"One of the best putters to ever golf" —USA Today
"The putting doctor of the modern game." —NBC Sports
"Dave made putting simple for me again. After a couple of days with [him], it didn't take long to start seeing more putts go in. I'm grateful for Dave's help, and I'm sure you'll enjoy putting a lot more after you hear what he has to say." —Phil Mickelson
"Without Dave, I don't know if I could have gone on this run, winning the US Open and reaching the top of the World Rankings." —Rory McIlroy
About the Author
Dave Stockton is a veteran golf champion and a renowned putting and short-game instructor. He is the author of *Unconscious Putting*, *Unconscious Scoring*, and *Dave Stockton's Putt to Win*. He lives in Redlands, California.
Matthew Rudy is a senior writer at Golf Digest and coauthor of sixteen golf instruction books, including several by Dave Stockton and Stan Utley. He lives in Bridgeport, Connecticut.