



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

Craig L. Farnsworth

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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.

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