Clarion Review

Sports & Recreation

Master Golf...and You Master Life Itself
Kurt Pugh
978-1-4343-9809-3
Three Stars (out of Five)

Golfers of the world will be heartened to learn that a cure has been found for the common malady “the yips.” The condition according to golf aficionado Kurt Pugh consists of “involuntary motions of the hands or wrists that can make effective putting impossible no matter what level of skill the golfer has.” Fortunately Pugh who has been playing golf since he was ten years old has stumbled upon the cure for this maddening mysterious “curse.” With the joie-de-vivre of a cheerleader for Arnie’s Army he shares his discovery in this easily and quickly read treatise on golf and its similarities to the game of life itself. Ideally designed to fit into the pocket of a golf bag or of a pair of plus fours the book can be easily accessed for frequent reference.

An obvious lover of the game Pugh wants to share his enthusiasm for it with his readers. His style is reader friendly his detailed instructions are easy to follow and his several photographs prove again the age-old adage about the worth of a picture. The pixie-like caricature of his head occasionally peeking out from the pages adds a light-hearted tone as well.

Sometimes Pugh makes his points with pile driver simplicity in statements such as “Practice — Practice — Practice” or “Overclub — Overclub — Overclub.” At other times he’s more subtle as when he advises “If it ain’t broke…don’t break it.” Throughout he keeps his eye on the golf ball as he provides lists of instructions of how to get the most out of practice sessions how to improve a swing or how to become a better putter.

As living proof that his cure for the yips works Pugh tells how his technique improved his own game. He also points out that the other tips in his book have helped him to become “a single digit handicap golfer” as well as to remember “Life is a challenge and no matter what level of success you achieve or what age you are…you can always improve.” Hence the importance of remembering as he says “Master golf…and you master life itself.”

M. Wayne Cunningham