

# Play Magic Golf – Reader Feedback

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## **A lot of things that we agree on**

Thank you for the book. I have really enjoyed reading it and there are clearly a lot of things that we agree on.

If there was one suggestion I would make it would be to make it in some form of golf order. What they could use in practice, before play, during play, after play etc.

Very good though. Keep in touch

**Dr Karl Morris**

**Mind Coach to 2010 US Open Champion Graeme McDowell, 2010 Open Champion Louis Oosthuizen, and many other top players**

## **OK – this is the best book about mastering the game of golf that I've ever read – and I've read more than a few.**

Do you find that when you're at the driving range or on the practice ground you're full of promise but once you translate this to the course all that promise drains away, leaving you stuck with the high handicappers? Do you know that you're better than this, but somehow you never seem to realise your potential? Yes? Then you **need** this book – and the probability is that you don't just need it on the golf course, but in 'real' life too. Maybe you're a more proficient golfer than that? You do *quite* well on the course? Then this book will show you how you can improve even more.

Before we go any further let's get something straight – this book is about the *mental* side of the game. If you're looking for advice on how to improve your swing, or master those tricky little puts there are other books which will give you that advice, but you still need this book. It's all too easy to forget that you might be playing in the monthly competition, but your real opponent is your own mental state. Does that sound a little tame? OK – this is the best book about mastering the game of golf that I've ever read – and I've read more than a few.

I'm not going to try and describe Dr Stephen Simpson's techniques – he does it so much better than me and it's him you should be reading. Don't be put off by the journey he describes through philosophy, psychology, Zen and a host of other subjects – it's all relevant to the game of golf that you play on a day by day basis. You'll learn to play to your abilities – and even surpass your own expectations.

You'll learn how to work on the mental side of the game, but more importantly, the positive attitude you'll develop will mean that you'll enjoy your rounds more. I've often wondered why we golfers continue to play when the game causes us so much mental anguish, but this book will mean that you feel better about yourself *and* your game. It's all sound advice, backed by examples from the golfers you've long admired. You'll discover what being 'in the zone' means – and I have to confess it was a complete mystery to me until I read this book, but it will be as relevant to your game as it is to a professional golfer.

Every golfer, whatever their ability, will benefit from reading this book but it will be of particular benefit to those who are struggling with their game and who don't seem to be making any progress despite the hours spent at the driving range or reading instruction manuals. I'd like to thank the publishers for sending a copy to the Bookbag.

**Peter Magee**  
**Bookbag Reviewer**

## **I loved your book**

I loved your book and its simplicity. I also enjoyed the personal injection of your own background which I think would appeal to a great many people who do not believe they can ever move from one career to another.

**Nadine Morris**  
**Special Olympics project Manager-Golf**

## **Good things seem to happen to people who expect good things to happen to them**

A powerful tool for positive thinking to improve your game on and off the golf course

- An inspirational self-help guide for golfers and non-golfers alike
- It's a book about positive thinking leading to a happier state of mind to improve all aspects of an individual's life
- Good things seem to happen to people who expect good things to happen to them – this is probably not an accident and we should use this to improve both our golf and our life.

Having played golf for 26 years and been a professional for ten, I've experienced many highs and lows. What I think we are all looking for in golf and life is to experience more of the highs. This book is an excellent way of knowing how to go about experiencing more highs.

Having worked with Steve over the last 18 months I have experienced various improvements. I believe we are all able to improve, at times it's just knowing how. This book is a fantastic way of understanding how.

**Christopher Snape**  
**PGA Golf Professional**

## **It is a highly thought-provoking book, and I am still left wondering whether golf is a sport or an obsession**

'Play Magic Golf' is crammed with valuable mind tips, and the reader is guaranteed to find at least one to become a better golfer. However this book is more than just another golf coaching book. Dr. Simpson's methods form a foundation to explore our untapped potential in a wider sense, using a variety of tools including self-hypnosis and even quantum energy concepts. It is a highly thought-provoking book, and I am still left wondering whether golf is a sport or an obsession.'

**David Riklan**  
**Founder - SelfGrowth.com**  
**# 1 Self Improvement Website on the Internet**

## **The results that I have seen in myself and my clients have been no less than astonishing**

I began to work with Doctor Steve, professionally and privately toward the end of 2008. Since this time our journey together has been fascinating and hugely rewarding. In bringing his unique background and ideas into the field of golf, has transformed how I work with my own clients, my own results and perspectives, as well as theirs.

In this his first book, in which he re-addresses the way we should go about enhancing our performance, players of all standards will be able to not only play better golf, but also understand and enjoy the process of improvement, which in turns makes the final destination even more rewarding

In using Dr. Steve's methods and techniques you will also find that they translate into everyday life, and who does not want to live a happier life.

The results that I have seen in myself and my clients have been no less than astonishing. People who were completely hung up in technique and frightened golfers, without the possibility of playing to their abilities have become confident athletes who have surpassed any previous ideas of their perceived talent.

I look forward to working with Doctor Steve, in the future as he continues to push the envelope of performance golf coaching.

**Mark Peddar Head P.G.A Golf Professional, and Performance Coach  
Praia D'El Rey Golf & Beach Resort, Portugal**

## **Provides the building blocks for success in golf and need I say it –life**

I first met Stephen Simpson a number of years ago when we were partnered in a regular monthly golf medal. On completion of several holes I was impressed by his whole demeanour on the course and his approach to getting that small white ball in the hole. I subsequently became a client and later a friend.

38 years of my life have involved teaching and coaching sport and it was refreshing to find someone who was able to articulate in simple language the complexities of psychology and achievement in sport.

Stephen's book 'Play magic golf' allows the reader to discover Stephen's individual thoughts and ideas. He unselfishly summarizes years of intellectual pursuit and study in simple and straightforward text that provides the building blocks for success in golf and need I say it –life. Unlike the many other books on offer covering this subject, this book is not filled with scientific jargon but rather a language that is accessible and understandable to us all.

Stephen has helped numerous aspiring sportsmen to unlock their true potential. I believe that his latest book will provide the knowledge and stepping stones for readers to understand how simple it all can be.

**Lee Crook, Director of Physical Education in The Netherlands**

### **This game is easy when nothing is in your way!**

As a co-presenter with Dr. Steve Simpson, and as an EGU coach in England I have seen him work closely with many of our clients and produce magical results. One of my regular lessons described his anger as a “red mist” no more though as he has found calmness in his golf and life. I too have gained from working with the golf doc by remembering how to make my magic movies; this game is easy when nothing is in your way! Dr. Simpson keeps it simple and explains his processes for all to understand and use in golf and everyday life.

**Roly Hitchcock**

**PGA Head Professional**

### **Pity if the readership was limited to sportsmen**

I have known Steve Simpson for almost 40 years since we were at medical school together. Although we had hugely different backgrounds we shared many of the same interests (including beer) and even though my left brain and his right took us on widely divergent paths professionally and geographically, we have remained brothers over all these years. We both have a rather annoying (to others) habit that any social occasion on which we meet very quickly becomes a philosophical exploration of how and why we and others we know well have taken the trajectories through life that have led us to where we are, what we have learned along the way, and where we may be headed in the future.

I am almost totally indifferent to golf. Steve is not, but he asked me to read his book because it touches on some of the areas we have debated and discussed for many years. He may not agree, but *“Play Magic Golf”* is not about golf at all, any more than *“Zen and the Art of Motorcycle Maintenance”* was a Harley Davidson manual.

Much of what Steve writes about is common sense, but that kind of common sense which sits elusively just out of reach for most people until it is pointed out, and then they can only marvel at how they hadn’t seen it before. Much is analytical in a very left brain way (sorry, Steve!) reminiscent of the classical stoic philosophy schools. Some is speculative, some wildly speculative, but in a very challenging and thought-provoking way.

Who would benefit from reading this fairly short book? Certainly golfers would, and probably other sportsmen, but as I said, it isn’t a book about golf or even sport and it would be a pity if the readership was limited to sportsmen. It is a book about the intricate and fascinating way that the human mind is the warp to the weft of our everyday lives and achievements and relationships, and it is as relevant to physicians and plumbers, too. It is a celebration of choosing rather than simply reacting, and a handbook of exercises for strengthening the virtual muscles needed to direct the mind in positive directions instead of simply being an observer as it bounces randomly off the walls. Discussion of these concepts can all too easily descend into turgidity or sanctimony, but Dr Simpson avoids those traps to produce an enjoyable and often thought-provoking book.

**Dr Stephan Larsson MB ChB, MRCP(UK), FRCR, LMCC, FRCPC**

**Radiation Oncologist, Division of Radiation Oncology, Department of Surgery, University of British Columbia**  
**Clinical Assistant Professor, UBC**  
**Clinical Assistant Professor, University of Victoria**

### **'Thinking a little' enables us to 'change a lot'**

"This is a fascinating and thought-provoking book that will appeal to both golfers and non-golfers alike. Steve elegantly demonstrates how 'thinking a little' enables us to 'change a lot'. This is a timely book that I highly recommend."

**Alicia Eaton**

**Hypnotherapist, psychotherapist, and best-selling author**

### **I feel I can take anything the game throws at me and develop my game to the next level**

For eight years the game of golf and I had a love-hate relationship. I loved that high when the game felt so easy. It clicked. It flowed. It felt right. I would come home feeling relaxed and fulfilled. But, as my wife would tell you, that didn't happen for me with any degree of consistency. More often than not, a couple of duff shots would leave me feeling wound up and angry. Yes, my handicap was down to single figures; but then every Saturday morning there was a mental battle for me to play to it. A battle more often lost than won.

I finally realised I had a barrier that was nothing to do with my physical skill. The barrier was that of 'rage', 'anger', 'the red mist'; call it what you will, but this loss of control often led to tantrums on the course- resulting in me trudging back to the clubhouse having completed less than 9 holes.

Clubs being lost up trees, or in water hazards, after being hurled in a fit of rage were not uncommon. Golf was not fun for me, or anybody unfortunate enough to play with me. I was very close to packing it all in when my Teaching Pro contacted me regarding a seminar being delivered by Dr Stephen Simpson. I was initially somewhat sceptical, but thought "what the hell. It can't make it any worse"

At the session, Dr Simpson shared his philosophy and gave a valuable insight into the way our 'golfing brains' operate. I was very impressed and felt it would be of some help, although was still a little unsure how I could apply it to my golf. Over the next four weeks I read the notes and listened to the audio materials on a daily basis, without really expecting much to change. But change it did. Something clicked. I felt calmer and able to focus. I could "step into a bubble of concentration" and then switch off in between shots. I was able to accept the occasional poor shot or unlucky break and focus on the next shot, without getting angry. My game improved, and I began to have fun.

Three months after first hearing of Dr Simpson, my game continues to improve and my handicap has lowered. I love to play and can't wait to practise. Best of all, my mental strength and self believe continues to grow. I feel I can take anything the game throws at me and develop my game to the next level.

**Lee Firmin**

## Bag full of clean clubs packed with good memories

I have just spent the evening reading The Book!

It was an easy read -- both because it was easy to read -- and because I already knew most of it. There were some new angles and some new stuff -- when I saw Jonny W's reference I thought you were going into his visualisation technique for kicking (the little old lady in the stand) -- so the quantum theory was a bit of a surprise and thought-provoking. It will be interesting what feedback you get from that -- especially from RSPCA members.

I was immediately struck by one point about remembering the good shots from each club as I was going to send you something that I was thinking about the other day:

If I have had a few less-successful rounds or shots, one of the things I do is to clean my clubs -- somehow purging them of the bad shots (I'll let you analyse that!) -- but having your positive thoughts in my mind when I was doing this last week (before I'd read the book) I took a different approach. As I cleaned each club I thought back to remember some of the good shots I'd hit with each club before I put it back in the bag. This made me feel really happy about having a bag full of clean clubs packed with good memories -- I guess this is like having anchors for each of my clubs to call on as I draw each one out of the bag for a shot. I had been struggling a bit with my 5 wood but this week the shot recall seems to have helped and I've managed a few real crackers in the last couple of rounds.

Another couple of specifics on the book:

Maybe 'release' might be an alternative to 'surrender' -- it seems closer to the 'letting-go' feeling? It also ties to 'permission' and has a greater texture of 'freedom' -- whereas 'surrender' can have the opposite connotation.....

Just a thought.

Also, I personally felt that the Walter Hagen quote was very helpful and could be slightly expanded in the book -- as it was in the CD.

Old habits die hard too -- p124 has a typo -- 'One' instead of 'On'. Sorry -- left brain at work!

As always this re-injection of the philosophy and techniques makes me want to go out and put it into practice tomorrow -- and I'm sure this will be the case for all readers.

Thanks for your help and every success with the book -- another product for you to be proud of!

**Martin Cooper**

## I found the book quite addictive

Anyone expecting an esoteric, jargon filled, long winded epic on Neuro-linguistic Programming, quantum psychology, self-hypnosis and Zen will probably be bitterly disappointed by Dr Simpson's 'Play Magic Golf'. Conversely any golfer wishing to discover an almost guaranteed way of improving their game or any sports psychologist looking for a beautifully simple synthesis of 'flow' and quantum psychology ready packaged in a user-friendly format for their clients may find this to be indispensable.

In a field that is beset by often impenetrable psycho-babble Dr Simpson's gently humorous and plain speaking style is a breath of fresh air. I found the book quite addictive and read it in just one sitting. Like the best guilty pleasures I was left exquisitely dissatisfied and yearning for more. I am hoping a follow up will soon be on its way. Rumour is I may be not be disappointed.

Considering the quality of the content, the reputation of the author and the low price point I would expect this book to be sold in quite some volume. So don't be surprised if your golfing peers soon 'mysteriously' start to improve their game in leaps and bounds. It might be an idea to level the playing field, no?

**Stephen Fox**

### **It is your mental state that can change your score**

I have played golf for about 17 years and have spent a lot of time on the driving range trying for the perfect swing, I would not say that this time has been wasted but you only gain so much by doing this. After a while you find that it is your mental state that can change your score. I have found that Dr Steve Simpson's ideas are one of the best on the market and also one of the cheapest.

**Andy – Amazon Review**

Although a bit on the thin side this book is full of useful tips and techniques. It is applicable to any 'mind' sports not just golf.

**J Taylor – Amazon Review**

### **Don't just read it and put it away**

A good book with some interesting ideas, which need to be digested and worked with. Don't just read it and put it away. I see it as work in progress, shame the snow has stopped us playing golf.

**Lady Golfer – Amazon Review**

### **I was open minded and willing to try anything to help me...but I didn't really believe that it actually would. I DO NOW.**

I have just received the book 'Play Magic Golf' by Dr Stephen Simpson and read it straight through. For me, it puts the meat on the bones of what I have been listening to, for nigh on, the last two years.

I am just an ordinary bloke who loves playing golf.. but was frequently disappointed and frustrated round after round because I knew I SHOULD and COULD play better golf. I had all the equipment.. I knew what I was SUPPOSED to do.. but couldn't actually do it...something was missing. In January 2009 I bought the CD 'Play Magic Golf' by Dr Stephen Simpson and started listening to it regularly ..several times a week. To be honest.. I never hear the end of the CD as I feel so relaxed I have normally fallen asleep...but that doesn't matter as the message gets through to the sub-conscious. There is no technical advice as to the mechanics of golf of how to 'grip the club'...which 'swing path

to take' etc.. but it changes your mental perception to golf...it focuses you on the positives of golf,.. of life. You may not have your best round, but you don't come off the golf course and beat yourself up...you feel more at ease with yourself... HAPPY...and suddenly you have 'stepped up a level'. This does not happen overnight...you won't wake up next morning and shoot your best ever round.. it takes time to change HOW your mind works.. you have to work at it and train it.

Please believe me when I say NO-ONE is more surprised than I am, at how my golf has changed. I was open minded and willing to try anything to help me...but I didn't really believe that it actually would. I DO NOW.

Stephen believes passionately in what he does.. he is passionate in his desire to help others.. he has personally answered EVERY letter I have sent to him and I THANK HIM for all the help he has given me. Now, no matter what I do... to everything I say... 'I CAN DO THAT'

**John Clark – Amazon Review**

### **As in golf, so in life.**

A short and enjoyable read full of psychological interest and insight for the golfer who'd like to get his mind into a place where better golf might just result. I found the sections on using the creative right brain, self-hypnosis and Zen particularly useful. (Also see ZEN GOLF by Joseph Parent for a fuller treatment.)

This book is not a replacement for proper physical practice and training. There's little point in pondering the complexities of quantum physics if you can't make decent contact with the ball, but for those of us who have been playing for a while and struggling with self-destructive thoughts and doubt this book is very worthwhile. Changing bad habits is extremely difficult but not impossible if you can get your head around new concepts.

If you like reading Bob Rotella, Timothy Gallwey or Steven Pressfield you'll like this. Some of it is pretty out there it's true, but if you want to play magic golf you have to believe in the possibilities of magic. As in golf, so in life.

The author is very accessible via the contact e-mail given at the end of the book, and likes to hear from his readers. There's also a monthly newsletter full of great tips and advice.

Give it a go. Even if it doesn't reduce your handicap you'll have lots to think about while searching for your ball.

**Foxy – Amazon Review**

### **Perfect gift for all my friends and family**

Easy to follow book that will be a perfect gift for all my friends and family that play golf and other stress inducing sports, but I can see how it will help people with stressful jobs too - I found several of

the methods useful for my day to day hassles with my new-born. Entertaining and enjoyable to read too.

**Timea Pal – Amazon Review**