



A little background information...

Dave Johnston is the Director of Golf Instruction at the Bloomington Downs Golf Club in Richmond Hill, Ontario, Canada (33 years)

He holds a degree in Psychology from York University, Toronto.

25-year member of the Canadian Professional Golfers' Association.

Taught over eleven-thousand students.

After scoring 75 in his second game without any formal instruction, Dave invested two years consulting a dozen different instructors in the hopes of achieving a golf scholarship.

Despite weekly lessons and diligent practice, he struggled to break 100!

Completely frustrated by all the contradictory advice, he abandoned golf to pursue a career in psychiatry. After four years, he had enough of lecture halls and looked for a practical avenue to apply his psychology background.

Reminiscing over his golf tribulations, he wondered why the majority of once-a-week golfers invest in regular instruction, purchase new equipment and practice regularly, but struggle to break 100?

He studied the technique of hundreds of the world's best players to find a common element that would apply to golfers at every level. The only shared essential was that every player had developed their own unique style.

Dave quickly realized that traditional golf instruction was based on the assumption that a golfers' natural instincts were all wrong and had to be constantly suppressed.

He wondered what would happen if he started with the notion that every golfer had some degree of natural ability - that it was an obsession with perfect mechanics that was the biggest roadblock to improvement.

His four books begin by asking the question: "*Have you ever hit a perfect shot?*" If the answer is yes, then you have some natural ability.

While hitting three-hundred-yard drives requires an inordinate amount of diligent practice and physical dexterity, every golfer knows the effortless feeling of hitting "the sweetspot".

Dave's goal is helping you forget swing mechanics for 1.5 seconds and just hit the damn ball!

You can find Dave's straightforward video instruction on [Youtube at davejohnstongolf](https://www.youtube.com/user/davejohnstongolf).

His award-winning series of books reveals simple mental tools that have helped thousands of once-a-week golfers overcome common misconceptions and make the game fun.

