

David L. Cook, PhD

Top Sports Psychology, Consultant, and Best-Selling Author on the Mental Advantage.

Please contact a GDA agent for information.

Topics

- Goal Setting
- Journalism / Literary / Author
- Mental Health / Psychology
- Motivation
- Overcoming Adversity
- Peak Performance
- Personal Growth
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About David L. Cook, PhD

Dr. David Cook is peak performance coach in the field of Sport and Performance Psychology. He served as "Mental Training Coach" for the San Antonio Spurs from 1996 – 2004 that included two World Championships. He has coached performers from the PGA, NBA, NFL, MLB, Olympics, and collegiate national championship ranks. His business clients have included Exxon Mobil, Sprint, USAA, Valero, Merrill Lynch, and many other Fortune 500 companies. In 2006 he released his best selling novel, *Seven Days in Utopia: Golf's Sacred Journey*. This book was made into a movie, *Seven Days in Utopia*, starring academy award winners Robert Duvall and Melissa Leo and was released in theaters across the country Sept. of 2011. He served as Executive Producer and screenwriter on this project.

Dr. Cook has represented the U.S. at the International Olympic Academy in Greece; served as president of the National Sport Psychology Academy; and was recently named, "Top 10 Mental Game Consultant" by Golf Digest Magazine. He served as Mental Training Coach for the San Antonio Spurs for eight seasons, including their first two World Championships.

Select Keynotes

• **Developing the Mindset of a Champion**

David will discuss the following:

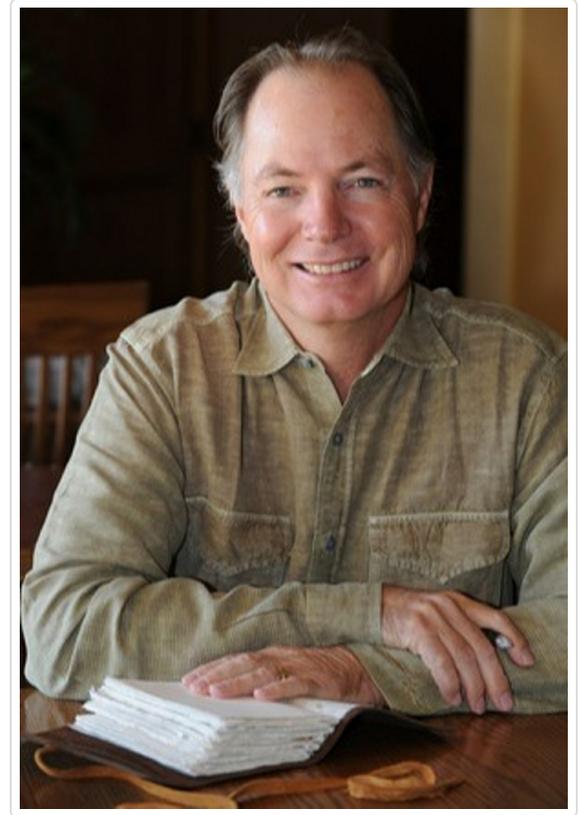
- ◊ *Focus* needed to establish a dream and a systematic process for attainment
- ◊ *Passion* to exceed expectations
- ◊ *Mental Toughness* to rise to the occasion in the face of adversity, interference, and change

• **Seven Days In Utopia - Keynote based on David's Book.**

This book is about influence. The story is based on thousands of athletes Dr. Cook has counseled, and the great mentors and teachers from whom he has learned, told through the lives of two characters—a rancher with a passion for teaching truth and a young golf professional at the end of his rope. They represent each of us in the various stages of growth. In life we must be willing to coach and be coached, for either one alone will leave us empty.

Select Book Titles

- **2018:** *Golf's Sacred Journey, the Sequel: 7 More Days in Utopia*
- **2014:** *The Psychology of Tournament Golf*
- **2013:** *Johnny's U.S. Open*



- **2011:** Seven Days in Utopia: Golf's Sacred Journey (Golf's Sacred Journey Series Book 1)
- **2009:** Golf's Sacred Journey: Seven Days at the Links of Utopia

Select Articles

- [David L. Cook](#)

David Cook is a speaker, consultant, coach, author, and film-maker in the field of Sport and Performance Psychology. He served as "Mental Training Coach" for the San Antonio Spurs from 1996 – 2004 that included two World Championships. Golf Digest (2013) named him one of the "Top 10 Mental Game Experts" in the world of golf.

- [Peak Performance: Former adviser to Spurs brings elite performance business to Fort Worth](#)

Sports success and psychology go hand-in-hand. At least that's the philosophy of David Cook, and he should know.