Kevin Sylvester is concerned for his fellow man. His concern? Men aren’t getting as much time on the links as they deserve.

Sylvester (pictured above), author of the book “The Married Man’s Guide to Golf,” has created something of a golf manifesto, replete with a “golf pre-nup.” “I was thinking about how married guys can get out to play more golf and I thought, man, it would have been nice to have a pre-nuptial agreement where this was all addressed,” Sylvester says. “Most married guys read this and say, ‘Wow, I wish I would have had this thing signed!’ Then there’d be no golf grief when you get home after four hours-plus of golfing.”

The book (available as an e-book now at Amazon.com, and in print around the holidays) is a mix of humorous and serious thoughts on the challenges married men, especially those with children, have getting on the golf course these days. Sylvester is married with three children, and though he doesn’t have a signed golf pre-nup himself, he does golf more than any of his married friends. Though his book is humorous, he says guilt is a serious problem for golf. “It’s a problem for the future of golf, and the business of golf,” Sylvester says. “We all know that golf enriches our lives, and it even teaches us values. The more we can play golf and get people playing golf, the better the game will be.”

Sylvester says he’s golfed with a few superintendents in his time, and he encourages them to get out on the links more as well. “Get away from your own course and go play somewhere else. Go play with other superintendents at their courses, so you get the perspective of what he’s doing and where (his course is) at,” Sylvester says. “Because if you’re at your course, you’re still at work, people know who you are, they can still reach you… it’s not like you got away and you’re out to relax.”

Sylvester closes his book with 18 rules a married man should abide by when playing golf. Those rules include “never lie to play golf,” “don’t lie when you play golf” and “never let your wife know how much money you spend on golf.”

“She wouldn’t want you to know how much money she spent on shoes. There are some things you don’t want to know,” Sylvester says. “That’s fine, live with it, and you can move on with her not knowing how much you spent on golf.” And lest Sylvester makes readers think he wants to keep women away from the course, there is his final recommendation. “If all else fails, get your wife to take up the game,” Sylvester says. “In our later years, our wives are going to be our golf partners, the one you can count on. It’s a funny look at it, but it seriously is meant to get your spouse into the game.”

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Golf Guilt-Free

Author of “The Married Man’s Guide to Golf” offers help to get the married guys back out on the links.