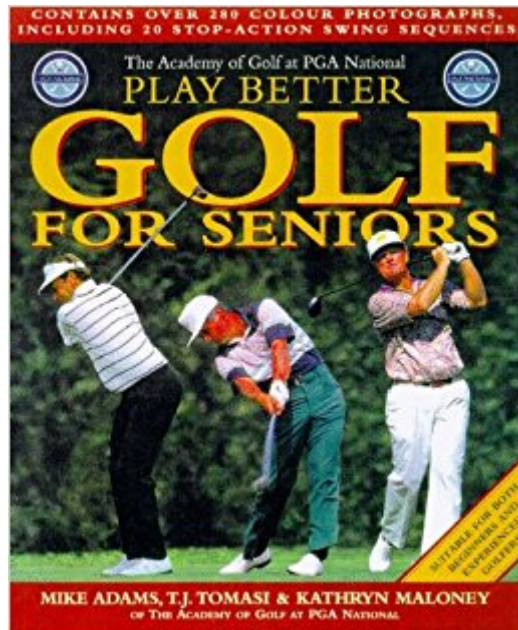




The book was found

Play Better Golf For Seniors



Synopsis

Specially designed for golfers over fifty, from the nation's premier golf school. From the powerhouse author team that created *Play Better Golf* and *Play Better Golf for Women* comes a comprehensive new book for the rapidly growing population of senior golfers across America. Mike Adams, known throughout the country as the "Swing Doctor," T. J. Tomasi, and Kathryn Maloney share simple, ingenious techniques for developing a swing that the senior golfer's changing body will allow. The dynamic "Senior Swing" compensates for lost strength and flexibility and allows players to "put time back into the hourglass." Throughout the book, beautiful full-color stop-action photo sequences teach proper technique and reveal the swing mechanics of the great stars of the senior tour, such as Nicklaus, Floyd, Irwin, Trevino, Stockton, and Player. Special sections discuss selecting proper equipment, dealing with joint pain and decreased vision, keeping fit as a senior golfer, and, most importantly, putting all those years of golfing experience to the best use, especially against younger opponents. *Play Better Golf for Seniors* shows the path to success on the course to readers of any age.

Book Information

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Customer Reviews

Golf may be a sport you can enjoy from youth through AARP membership, but a 50-year-old man can't play the game the same way he did at 25. With a loss of flexibility comes a loss of power, and unless you adjust your swing, you'll lose accuracy, too. In response to the limitations that age brings, the authors of *Play Better Golf* have created the "S swing," a way of striking the ball accurately and powerfully with a shorter backswing. This short swing not only makes for lower and

more consistent scores, it helps avoid back, shoulder, and elbow injuries caused by forcing your body to do things it is no longer able to do. Many of the tips in the book have nothing to do with the swing. For example, golfers with arthritis in their hands are advised to wear padded weightlifting gloves instead of the standard golf glove. There's even a tip for players who wear bifocals (don't wear them on the golf course, since you'll have to change your swing to be able to see the ball; opt for distance-vision-only lenses). Of course, much of the information--particularly the tips for chipping and putting--can be used by all golfers. But if you're the competitive sort, you might not want others (like your regular playing partners) to get their hands on this valuable guide. --Lou Schuler

Aching backs, creaking joints, disappearing muscles--they all take their toll on senior golfers, who often make matters worse by trying to swing the same way they did in their limber youth. Adams and his colleagues at the Academy of Golf at PGA National in Florida can't stop the march of time, but they can postpone its effects a little. This nicely illustrated, easy-to-follow instructional takes readers through what the authors call the S (for senior) swing--a shortened version of the traditional golf swing in which the head is allowed to move more to compensate for lost flexibility. With the swing corrected for advancing years, the authors move on to specific physical problems--shoulders, backs, knees, eyes--and how to work around them on the golf course. A no-nonsense practical guide that most senior golfers will put to good use. Bill Ott

Some excellent advice for the senior golfer. Haven't had one back pain since reading this book and trying out it's approach for the Sr. golfer. Definitely recommend.

very helpful. I am re-working my swing based on the book

Ok book for an average golfer. If you are single digit, it is a review.

Though written as a book for senior golfers who have lost a little (or a lot of) athleticism from their youth, Play Better Golf For Seniors is a wonderfully detailed, thorough, and photographically-depicted book which teaches/promotes a method of the golf swing that is very easy on the body (and includes a myriad of adjustments to make it even easier for various handicaps/issues). I have dabbled with swing theory for years up to my current late-twenties, but after a debilitating illness a few years ago which left me with a weak leg, a bad back, great fatigue

and pain, I have had to think of the golf swing as something very new: something to adapt to me, not the other way around. This book expertly presents a path to capable golf - a path that any golfer, not just a senior, can proudly take toward improvement with very little investment. My copy was used - barely so - yet under ten dollars; was a reputable site and performer as usual, and the third-party vendor was equally as proficient. Best value for my golf game that I have come across. I encourage anyone suffering from physical issues regardless of age to look into this work and other books that the authors (as well as common collaborator, Dr. Jim Suttie) have written and presented. Read them many times; follow step-by-step; digest them. Pick the method, the structure that best fits YOU, and stick to that and only that if you're confident in your own assessment of your issues. Best wishes to all - see you down the middle of the fairway!

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