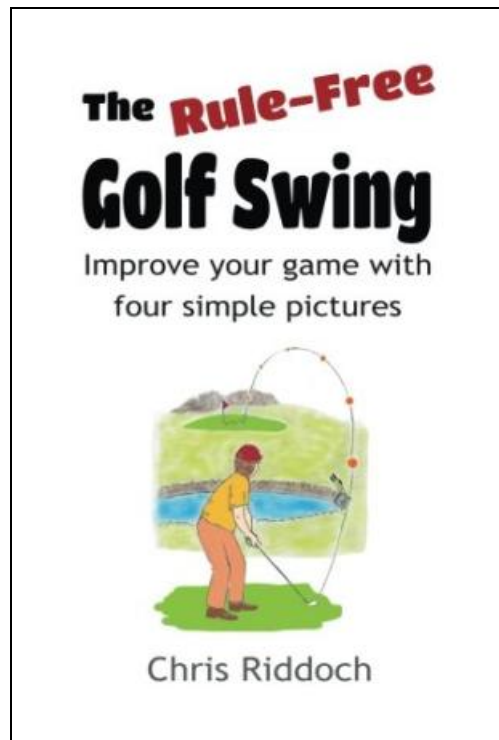


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.IMPROVE YOUR GOLF SWING SKILL A shortened, refocused, version of The Golf Swing: it s easier than you think (2012) Did you know that the traditional approach to coaching a golf swing is based on the wrong science? This practice guide, based on the principles of motor skill science (the swing, after all, is a skill!), shows how you can improve your swing using just a few simple images. If you want to stop struggling with endless mechanical swing rules, and instead harness the power of your innate skill-learning systems, this book shows you how. Here s what you ll learn: Why trying to obey mechanical swing rules blocks your improvement Why forcing your body through endless angles, positions and movements is unnatural and ineffective That the swing is a skill performed by a human, not a set of mechanics performed by a machine How a skill-based approach is more effective than a mechanics-based approach How focusing on your skill allows improved mechanics to fall into place How to swap dozens of swing positions for just a handful of more effective images How to transfer the skill you develop during practice to the course How you will improve whatever your level: beginner, intermediate or expert Stop fighting against millions of years of evolution!.



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