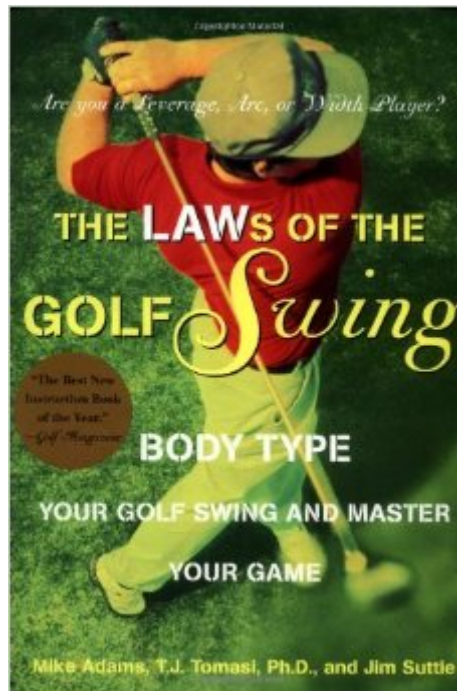


The book was found

The LAWs Of The Golf Swing: Body-Type Your Golf Swing And Master Your Game



Synopsis

"Swing doctor" Mike Adams and two of the top golf instructors present a revolutionary teaching model that shows players how they can match their swings to their body type to dramatically improve their game. Are you a Leverage, Arc, or Width Player? The authors of *The Laws of the Golf Swing* provide five straightforward tests' accompanied by step-by-step photos' that golfers can use to identify their own body type. Everyone falls into one of the three basic types: Leverage players, such as Jim Colbert, Nick Price, and Annika Sorenstam, have average build and flexibility; Arc players, such as Tiger Woods, David Love III, and Michelle McGann, are long-limbed and have extra flexibility; and Width players, such as Arnold Palmer, Craig Stadler, and Meg Mallon are less flexible but have more upper body strength. A person's golf swing is highly dependent of physique, personal strengths, and natural tendencies. By taking these five simple tests, readers can identify their own body type, discover their true swing, and then perfect it.

Book Information

Hardcover: 240 pages

Publisher: Collins; 1st edition (May 1, 1998)

Language: English

ISBN-10: 0062708155

ISBN-13: 978-0062708151

Product Dimensions: 6.1 x 0.9 x 9.2 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #80,220 in Books (See Top 100 in Books) #5 in [Books > Sports & Outdoors > Coaching > Golf](#) #104 in [Books > Sports & Outdoors > Golf](#) #747 in [Books > Sports & Outdoors > Individual Sports](#)

Customer Reviews

If you have read several golf instruction books or magazine articles about the full golf swing, then you have surely noticed that they don't all say the same thing. They give conflicting advice.

Sometimes the conflict is more apparent than real, because different teachers may use different words and images to try to convey the same ideas. But in other cases there are real conflicts in the advice. For example, should your 5-iron ball position be two inches inside your left heel, or in the center of your stance? Should you use a strong grip or a neutral grip? Should you start the backswing with a one-piece takeaway (arms, hips and shoulders together) or should you lead with

your hands? Should you start the downswing with a hip-slide or a knee kick or what? And do the hips lead the arms or should they start together? Mike Adams et al help you sort out all of this conflicting advice and find the swing that is best for you. They describe three different swing types ! (Leverage, Arc, and Width [with two variations of width]) and explain which setup and swing elements go together successfully, and which elements cannot be successfully combined ("magic versus tragic" combinations). Your correct swing type depends mainly on your body build, and also on your flexibility. Once you understand your ideal swing type, you can fine tune it according to your typical ball flight pattern. In the two months before I bought the LAWS book I had been trying to learn to swing like Jack Nicklaus as described in his Golf My Way book. I wasn't having much success at it. The LAWS book explained why: I'm not built like Jack, and I'm not as flexible as he is (or was).

[Download to continue reading...](#)

The LAWs of the Golf Swing: Body-Type Your Golf Swing and Master Your Game Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) The Square to Square Swing - The Most Accurate Swing in Golf Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) The Keys to the Effortless Golf Swing: Curing Your Hit Impulse in Seven Simple Lessons (Golf Instruction for Beginner and Intermediate Golfers Book 1) Red Golf Blue Golf: Using Neuroscience to Master the Mental Game Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Golf Digest: The Swing: The Secrets of the Game's Greatest Golfers The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type

Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Absolutely Hilarious Adult Golf Joke Book: A Treasury of the Best Golf Jokes Causing Loud Guffaws and Laughing Convulsions. Hilarious Golf Jokes For The Clubhouse Bar!

[Dmca](#)