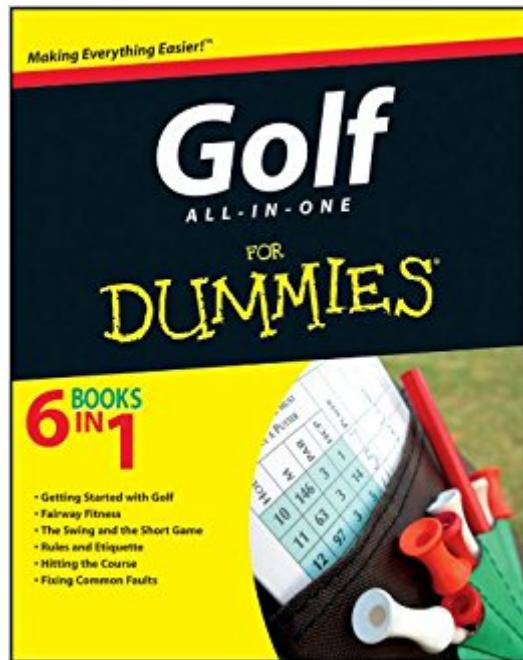


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# Golf All-in-One For Dummies



## Synopsis

The fun way to get a grip on every aspect of golf Golf is a popular spectator sport, but for those who play it's a great source of low impact cardiovascular, strength, and aerobic exercise. In addition, golf is by nature a social game that provides the opportunity to meet new people. *Golf All-In-One For Dummies* shows you not only how to get the most physical benefit from a round of golf, but also the tools you need to truly enjoy the game. From perfecting your swing to avoiding injuries, the proven techniques presented in this book give you everything you need to have the time of your life every time you hit the links. The basics of golf Details on the latest golf equipment and technology Tips on how to improve the short game, including putting, chipping, and getting out of tough spots Rules and etiquette that every golfer needs to know Plans for keeping fit and designing workouts to improve your game Mental tricks and exercises to help you succeed Tips on grips, stances, and swings New tips from top players on how to improve your game Great new courses, tournaments, players who have changed the game, and a review of golf's greatest moments Whether you already have some golf experience or are completely new to the game, *Golf All-In-One For Dummies* will have you playing like a pro in no time.

## Book Information

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## Customer Reviews

Everything you need to get a grip on all aspects of golf *Golf All-in-One For Dummies* shows you not only how to get the most physical benefit from a round of golf, but also the tools you need to truly enjoy the game. From perfecting your swing to avoiding injuries, the proven techniques presented in this book give you everything you need to have the time of your life every time you hit the course.

Golf 101; find out what you need to know about buying clubs and gear, the types of golf

courses, and ways to save money on green fees Lean and green ; discover exercises to improve your swing, help prevent injuries, avoid aches and pains, and fine-tune your most important piece of golf equipment: your body Get in the swing ; get the 4-1-1 on all the workings of the golf swing (the grip, the stance, and the backswing and follow-through) and perfect your pitch shot and chip shot Golf "rules" ; learn great insider information about the rules of the game, from how to conduct yourself on the golf course to ways to cope with penalty shots Hit the course ; find tactics for teeing off like a pro and discover some great games that make practicing more enjoyable Meet your golf pros ; receive??expert golf insights from??PGA golfers Gary McCord and Michael Kernicki, and award-winning golf writers John Steinbreder and Michael Patrick Shiels Train with the best ; improve your physical and mental game with expert advice from your trainers: LaReine Chabut, core strength and stretching exercises; Liz Neporent, Suzanne Schlosberg, and Shirley Archer, weight training; and Georg Feuerstein and Larry Payne, mental exercises Open the book and find: How to refine your swing Tips for perfecting your putt Short-game strategies Easy fixes for common faults Breakdowns of top pros' swings and strategies Exercises, visualization methods, and breathing tips to help your mental game The do's and don'ts of golf course etiquette Tests to check your golf fitness Core exercises for more power and less pain 6 BOOKS???IN???1 Getting Started with Golf Fairway Fitness The Swing and the Short Game Rules and Etiquette Hitting the Course Fixing Common Faults

I just downloaded this book and I can hardly put it down. I am taking a few minutes to review it and I am in awe I am just starting in golf and I wish that I had read this book before my golf lessons because I would have known what questions to ask my instructor. This book has loads of information in it I am not finished reading but I would recommend this book to anyone interested or beginner golfer

Bought this for my husband and now he thinks he is Tiger Woods. That was until he decided to play golf in the house and broke something. This book is great for both men and women. One thing I absolutely love is that it has great exercise techniques that help you warm up your body and improve your golf swing.

I have learned a lot already from this book and am only part way through it. I find it to be an interesting read. Great for beginners. Quite informative and understandable information.

Lots of good information in here, again sometimes golf advice varies from one author to another but it gives you some stuff to look at

Great book for beginning golfers. Tons of golf knowledge and great learning tool.

Long winded book

Very big book with lots of knowledge in it.

Lots of info from people in the Golf industry. Dummie books are great!

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