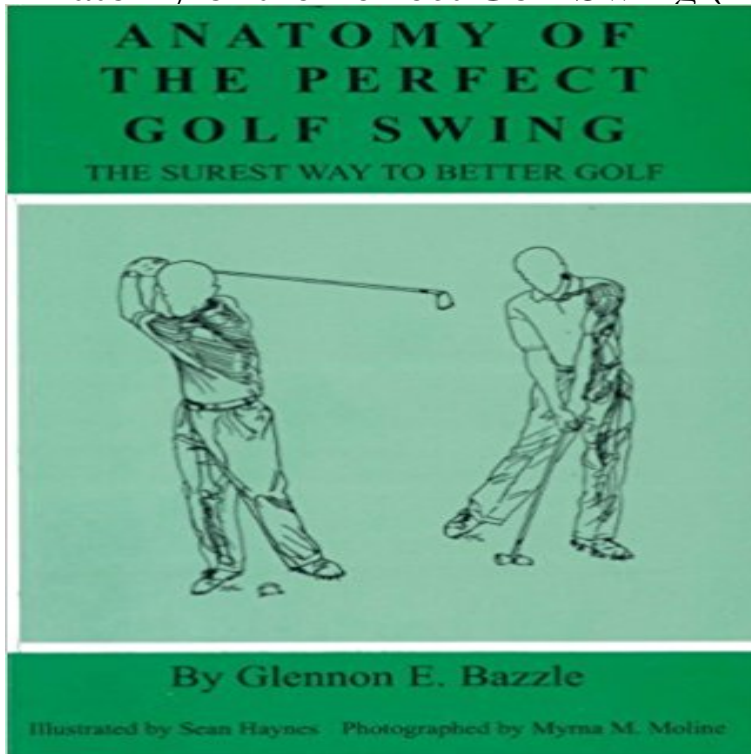


Anatomy of the Perfect Golf Swing (The Surest Way to Better Golf)



Anatomy of the Perfect Golf Swing is a black and white book designed that golfers, from beginners to to professionals to instructors can actually improve their performances by understanding five simple principles of how the body really works. It was written for two reasons. First one was for the health of golfers and the second was for the health of golf instructions. This easy-reading, splendidly illustrated guide not only shows readers the muscles, bones, joints and ligaments that are used in the proper sequence in the swing, but also comes with a complete set of photographs, demonstrating each exercise as you go along plus the synthesizing of the swing at the end. The perfect application of these principles is the surest way to playing better golf immediately and permanently. The golf swing as described herein is for the right handed player. Left handed players should do the reverse. TIP: Left handed players should try playing from the right side since it is the muscles on the left side that create the power. The reason is that those muscles are usually already stronger. Right handed players should also consider playing from the left side for the very same reason, The golf swing is the same for male or female, short or tall, thin or stout and young or old.

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