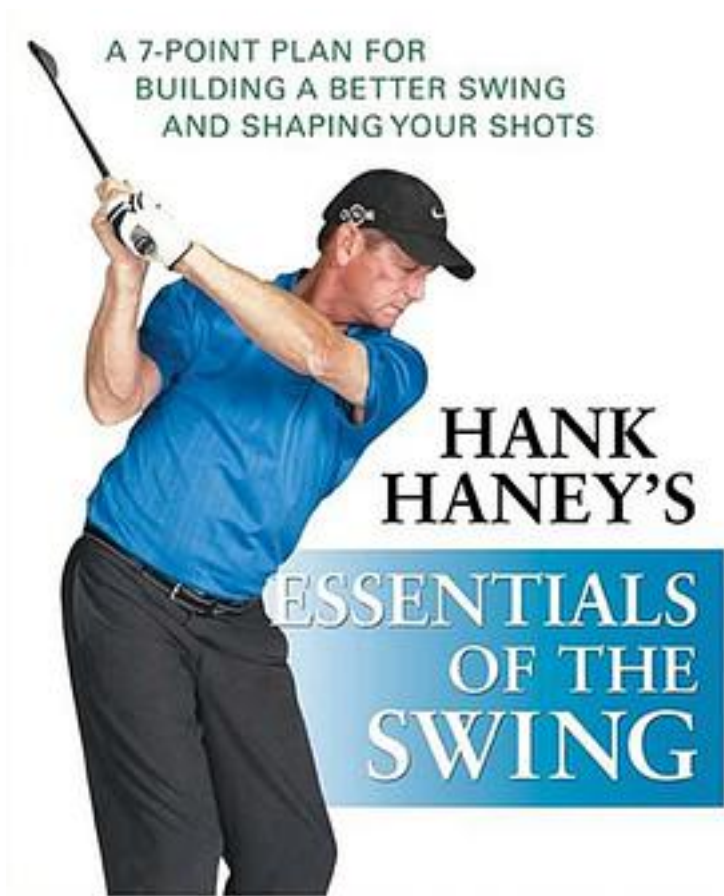


Hank Haney's Essentials of the Swing



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"Hank knows more about ball flight and what controls it than anyone in the game."
--Masters and British Open champion Mark O'Meara
Get back to basics and build your best possible golf swing Lots of golf instructors can show you tricks to correct a hook or to stop hitting the ball fat, but these are just quick fixes that leave you with a swing

built on mistakes. In Hank Haney's Essentials of the Swing, the world's premier expert on the golf swing takes you back to step one to master the essentials and build a complete, powerful, and consistent swing that will improve your game quickly and keep you playing better for years to come. This step-by-step guide brings you the same careful analytical approach that Hank has shared with the hundreds of touring pros who have been his students -- including the world's #1 golfer. It walks you through every aspect of your swing, from grip to contact to follow-through, and shows you how to analyze ball flight to shape your shots and put the ball where you want it more frequently and with much more consistency. Packed with helpful pictures, invaluable practice tips, and insightful pointers on everything from club selection to the difference between a good miss and a bad miss, Hank Haney's Essentials of the Swing is the resource you need to hit the top of your game and stay there.

作者介绍:

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标签

HankHaney

Golf

English

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评论

It covers the basics. It's good to re-check the swing principles once in a while.

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书评

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