



PGA National Academy of Golf Play Better Golf for Women

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Professor Mike D. Adams, etc., TOMASI, Maloney

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A handbook of golfing skills and techniques especially designed for the female golfer, which features suggestions and training exercises to help in honing skills, as well as providing analyses of the swings of LPGA golfers.

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160 pages

Amazon Review

Another publication from the Academy of Golf at PGA National, this book is a comprehensive programme specifically tailored to the needs of the female golfer. This book features advice from the world's leading college golf coaches, LPGA players and US Amateur Champions and it covers every aspect of the game, starting with a very important--and often neglected--task of choosing the equipment suitable for your needs. It includes an analysis of all the fundamental points--the set-up, the swing, the short game and coping with hazards and trouble spots, as well as the more advanced techniques for those who are (or become) more proficient. There is some excellent advice on playing strategy, fitness, golf course design and, most importantly, on golf club customs and procedures. The book is well illustrated, with some stop-action photography sequences that will be of particular value to the novice golfer or anyone who has a problem with their golf swing. The authors are renowned for their instructional articles in various publications--Mike Adams (known throughout the world as the "Swing Doctor") and TJ Tomasi each have more than 20 years teaching experience. Adams, in fact, was a former PGA touring professional and he is renowned for his "eagle eye" in detecting faults in the golf swing. Kathryn Malone is an LPGA teaching professional in Florida which ensures that she is fully up-to-date with all the latest techniques in golf instruction. If ever *one* book was a complete instruction manual for the female golfer, this is it--there is certainly nothing on the market as complete and easy-to-follow. --*Ben Naylor*

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