



The LAWs of the Golf Swing: Body-Type Your Golf Swing and Master Your Game

Mike Adams, Jim Suttie, T.J. Tomasi

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"Swing doctor" Mike Adams and two 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.

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