



How to Drop Five Strokes Without Having One: Finding More Enjoyment in Senior Golf

By John D Drake Phd

iUniverse, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ten years ago I could easily have cleared that pond. I m okay until about the fourteenth hole; then I can feel myself getting tired. I ve had to shorten my backswing; otherwise, my old back will keep me up all night. Sound familiar? As much as we may hate to admit it, at sixty-plus we re different from younger golfers both physically and mentally. While this isn t necessarily bad, it does impact how we play. In How to Drop Five Strokes without Having One, author Dr. John D. Drake explains how awareness of these changes can allow us to adapt; we can still lower our scores and get more fun from our favorite pastime. Drake offers specific techniques and strategies geared toward seniors that can be readily adapted to every facet of your golf game-tee box, fairway, bunker, and green. How to Drop Five Strokes without Having One provides not only easy-to-apply suggestions for lower golf scores, but also tips on how to reduce anxiety and tension. With photos included, How to Drop Five Strokes...



READ ONLINE

[3.69 MB]

Reviews

These kinds of pdf is the best publication readily available. This is for anyone who statte there had not been a well worth reading through. You wont truly feel monotony at at any moment of your own time (that's what catalogs are for relating to if you ask me).

-- **Neil Halvorson**

A brand new eBook with an all new point of view. I could possibly comprehended every little thing using this written e publication. Your life span is going to be change once you comprehensive looking at this publication.

-- **Sabina Waelchi**

Related eBooks



[From Kristallnacht to Israel: A Holocaust Survivor s Journey](#)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



[Tales of Wonder Every Child Should Know \(Dodo Press\)](#)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



[Chicken Licken - Read it Yourself with Ladybird: Level 2](#)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



[Goodparents.com: What Every Good Parent Should Know About the Internet \(Hardback\)](#)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



[The Village Watch-Tower \(Dodo Press\)](#)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



[Polly Oliver s Problem: A Story for Girls](#)

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator. She was born in Philadelphia of Welsh...