



## The G Spot, a Book about Squash

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By Tony Griffin

Createspace, United States, 2014. Paperback. Book Condition: New. Caitriona O Leary (illustrator). 229 x 154 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tony Griffin takes us with him on a personal journey of enquiry into key squash ideas. These he explains, follow from his concept of the G-Spot. He takes a fresh look at familiar topics and investigates what factors affect the optimal hitting experience. The question Tony poses is, how to make this both natural and effective? His ideas, experiences and influences come together into an important work which will challenge inquisitive players and thoughtful coaches to rethink some familiar concepts. While the G-spot is all pervasive in many of the discussions, Tony also throws in advice and innovative methods on such things as how to maximise the chances of lucky back corner nicks and the elimination of free shots. An interesting journey, challenging analysis and entertaining anecdotes make it a timely addition to squash instructional writing. Ian McKenzie Editor The Squash Player magazine This a great book for all levels . Nice anecdotes and a good technical focus with lots of insights . A good read with a different twist from other squash...



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### Reviews

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