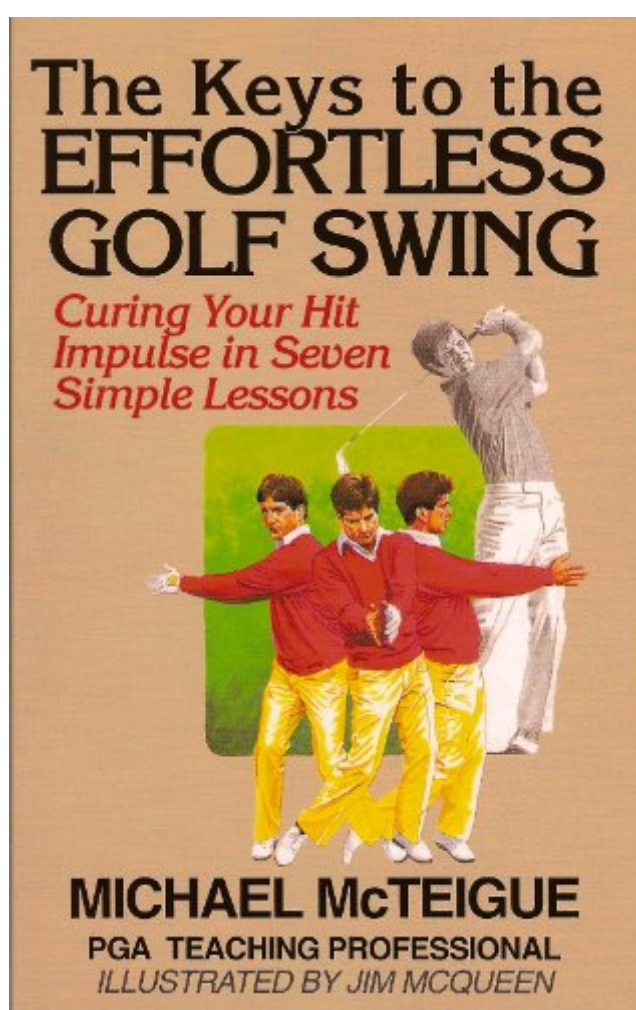


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# The Keys To The Effortless Golf Swing: Curing Your Hit Impulse In Seven Simple Lessons (Golf Instruction For Beginner And Intermediate Golfers Book 1)



## Synopsis

If you love golf, but have never played to your potential, here is a book you will quickly come to treasure. The biggest paradox in golf is that the harder you try to "hit" the ball, the worse you do so. In *The Keys to the Effortless Golf Swing*, Michael McTeigue offers a simple system of sequential body movements that produces a true swinging motion with every club in the bag. The result is increased distance and greater accuracy for all sizes, shapes, and ages of golfers for a minimum of investment in learning time. The clarity and simplicity of McTeigue's frill-free approach to the golf swing leads the reader to a new experience of power and effortlessness. He truly shows "how to build a swing you can trust and keep for life."

## Book Information

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## Customer Reviews

The very first time I played golf I got a hole-in-one. It's been downhill ever since. I was 15 years old and 35 years later I was still struggling to break 80. I'd hit the ball OK some days, but usually I always put too much pressure on my short game to score. I read all the books, took all the lessons and beat balls on the range until my hands bled. Mechanically everything always looked copasetic, but yet I was never consistent in ball striking. Thin, fat, toe, hook, push, etc. I knew it was important

to be in a relaxed and "athletic position" at address. My inherent problem was with excess tension THROUGHOUT the swing. I mistook power for the "coiling of the spring", (bad metaphor!). At the top of my backswing my arms, shoulders and torso were tied in one big connected KNOT. Like most men I thought muscle strength was the key to distance and I would try to over power everything without knowing it. Think Vijay Singh, Fred Couples, Ernie Els. Swing easy, hit hard. So I took to the range after reading this book with yet another tip to experiment on like I've been doing on and off almost all my life; low and behold, once I relaxed my arms and shoulders throughout the swing and hit the ball in a much more free flowing fashion, I swear to God I felt like the incarnation of Ben Hogan. Solid, straight shots like never before. Feeling the ball compress against the face of the club each time was sublime. Working it right and left at will. I'm now regularly shooting in the seventies from the pro tees and focusing more on the short game to start beating old man par. I may even start competing in some amateur events next year. The key is ZERO TENSION in all muscles throughout the swing. Tension destroys the golf swing.

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