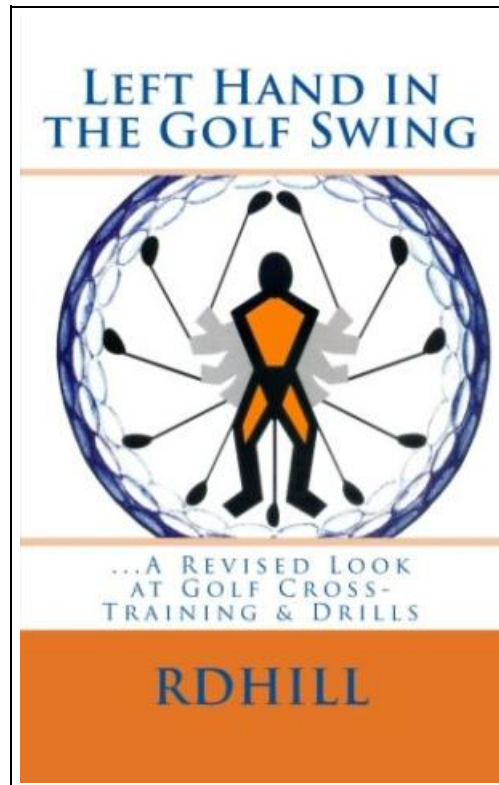


## Left Hand in the Golf Swing: .a Revised Look at Golf Cross-Training Drills



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*(Chanelle Roob)*

## LEFT HAND IN THE GOLF SWING: .A REVISED LOOK AT GOLF CROSS-TRAINING DRILLS



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Createspace, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Golf is Life, and Life can be Hard. Golf is A Game Played Sideways. It s tricky tough to get good at. If you golf, you know, but that s why you like it - For the Grind, the Personal Challenge the Subtle Rewards of Success. Golfing well builds Confidence, and Confidence Is A Changed Life!! My book is a Design for Your Improvement and A Formula for Your Success!! CONSIDER: Two hands grip the club - typically a strong Right Hand and a weaker Left. 90 golf right-handed. STRENGTHEN THE LEFT, BALANCE THE POWER PLAY BETTER GOLF!! That s the theme of the book. It applies to Leftys, too. Leftys just read right-for-left. Readers agree: The principles quickly deliver measurable results - Lower Scores and More Golf Pleasure from striking the ball well!! THERE S A DRILL FOR EVERY SWING FLAW. The book describes a host of Similar Sports Beneficial Activities to quickly coordinate your Non-Dominant Left Hand to work fluidly in the swing with your Dominant Right one. Practice at your desk, while driving or working around the house. LIVE YOUR GOLF SWING, and PLAY MORE GOLF when you have the time for it!! Cleaner ball strikes - especially with the long irons - is one of the pure pleasures of golf. Bad golf is NOT the Right Hand s fault. Nope. It s the Lazy Left not pulling its weight. Not doing its job. Why s that. Because it has Never Been Trained, so it is Under-developed Uncoordinated. CONSIDER: Even when swinging at a baseball or softball, the Right Hand has only ever pushed a bat. Any appendage can push or shove. But Develop the...



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